

Information letter

Today you – or your child/friend/partner may have sustained a concussion. This document is meant to help you take care of yourself or child/friend the first couple of days, and how to recover well.

Be aware of acute complications

The athlete should not be left alone the first couple of hours after the incident. In rare cases severe complications may occur after head trauma.

In case of ANY of the following signs are observed or complaints are reported contact you GP or go to the emergency room.

RED FLAGS:	
Severe neck pain or tenderness	Seizure or convulsion
Double vision	Loss of consciousness
Weakness or tingling/burning in arms or legs	Deteriorating conscious state
Severe or increasing headache	Vomiting
	Increasing restless, agitated, or combative

What to expect

Day 0 -2 – You got a suspected concussion

- Symptoms may evolve over a couple of days. If you do not take this seriously no one else will.
- Limiting screen time may be beneficial for recovery. You may listen to a podcast or audio book instead.
- Limit physical activities to routine daily activities (avoid exercise, training, sports) and limit activities such as school and work to a level that does not worsen symptoms
- Avoid alcohol and painkillers
- Do not drive a car

Tell someone if you are not feeling right, or if your symptoms get worse

Day 3 – You may feel 100% already

- but some symptoms may still be lingering around.
- You may be able to attend school /work for a few hours or more.
- You should start light aerobic exercise like walking, swimming, or stationary biking, but, if any kind of exercise brings your symptoms back,
- you are doing too much, and you should stop and start again the next day at a lower level. <https://concussioninsport.eu/heads-up/management-of-concussion/return-to-sport/>
- Short breaks during the day will help symptoms settle down.

Gradually return to everyday life

Day 5 – You should be feeling better

- But your brain may be fooling you because it is still figuring out what happened.
- Continue to monitor your condition and respect what you feel.
- You may be able to attend school/work full time and you may be able to start sports specific exercise with no contact or risk of sustaining a new concussion.
- Follow the graded return to sport strategy (Insert link to return to sport guideline)
- If you experience dizziness when turning your head suddenly or closing your eyes you should visit a suitable qualified health professional.

Gradually return to school/work and sport

- Make sure that you are medically cleared before returning to full sport participation

Day 7-10 - Most people will be “symptom-free”

- and you are getting back to normal life.
- You may still experience mood swings, sleep disturbance, sensitivity to light or noise, sadness or anxiety. Things will usually improve over time but book a visit to see your GP if they do not.
- Keep taking exercise as tolerated.
- Short breaks during the day may still be helpful.

Day 30

- Most athletes have returned to sport by now
- 10-30% do still have some symptoms and may not have returned to sport
- If you are not feeling 100% by now you need professional help from a health professional who knows long concussion.
- <https://concussioninsport.eu/heads-up/management-of-concussion/what-to-expect/>

Seek professional help if you are not OK by now