CONCUSSION SUBTYPES CLASSIFICATION*

Impairments

**Vestibular**
- Get dizzy when moving or turning
- Head movements cause symptoms including balance issues

**Ocular-motor**
- Can’t focus on moving objects or objects moving toward you
- Fatigue with reading

**Cervical Strain**
- Moving neck causes symptoms and neck pain

**Symptoms**

**Headache/Migraine**
- Light and/or noise sensitivity associated with headaches
  - May have prior migraine history

**Sleep**
- Trouble going to sleep or waking up frequently during the night
- Fatigue during the day
  - May have a preexisting sleep problem such as sleep apnea

**Anxiety/Mood**
- Anxious and/or depressed
- Can occur with long standing concussion impairments
  - May have prior history of anxiety or depression

**Cognitive**
- Problems concentrating or remembering
- Problems completing tasks or multitasking

Medical specialties:
- Stanford Headache Clinic
- Stanford Sleep Medicine Clinic
- Stanford Neuropsychologist, Occupational Therapist, or Speech Therapist
**RECOVERY FROM CONCUSSION**

**Cardio Exercise**

Early cardio exercise (usually stationary bike) is important in recovery from concussion.

We recommend at least 20 minutes with a heart rate greater than 120 (depending on age) at least 4x a week.

**Sleep**

**Strategies to improve quality of sleep:**
1. Establish a sleep schedule
2. Avoid excessive exposure to light before bed
3. Establish a calming pre-sleep routine
4. Avoid daytime naps
5. Avoid consuming nicotine, caffeine, or alcohol close to bedtime
6. Get daily exercise (above)

**Mood**

**Ways to address mood changes following a concussion:**
1. Track mood and identify triggers that worsen it
2. Schedule tasks when you are most efficient and give yourself plenty of time to complete them
3. Practice relaxation strategies (i.e. deep breathing, visual imagery, muscle relaxation) to reduce day-to-day stress and have a positive outlook

**Notes**

**Additional Information**

For more information on concussion subtypes and recovery visit the Stanford Brain Performance Center website (https://med.stanford.edu/braincenter.html) or scan the code below

*Information is based on Concussion Guidelines Step 2: Evidence for Subtype Classification publication in Neurosurgery, 2019*