HOW TO RETURN TO ACTIVITIES:

- Gradually return to physical and cognitive activity after 2-3 days of rest
- No contact sports, risky activity, or driving until cleared for return by a physician

RISK FACTORS FOR MORE SEVERE INJURY

- Drowsiness or inability to wake up fully
- Headache that persists or worsens
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or seizure
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out), even if brief
- Drug or alcohol intoxication
- Dangerous injury mechanism

WHAT IS A CONCUSSION:

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. Concussion typically results in the onset of short-lived impairments of neurological function that resolve spontaneously.

ANXIETY AND MOOD

- Mood and anxiety disruptions are common following a concussion
- Track mood and identify triggers that worsen it
- Schedule tasks when you are most efficient and give yourself plenty of time
- Practice relaxation strategies (i.e. deep breathing, visual imagery, muscle relaxation) to reduce day-to-day stress and have a positive outlook
- Seek help from your institution's mental health services as needed
- Go to the nearest emergency department for any severe symptoms

CONCUSSION FACT SHEET

for college students
Stanford Brain Performance Center

EXERCISE – SLEEP – NUTRITION

- Early cardio exercise (usually stationary bike or brisk walking/jogging) to support recovery for at least 20 minutes, 4x per week beginning the first week of recovery
- Sleep is likely to be disrupted during concussion recovery – utilize sleep hygiene strategies
- Maintain proper hydration and nutrition to support recovery. Avoid alcohol and excessive caffeine

HOW TO RECOGNIZE A CONCUSSION:

A person who:

- Appears dazed or stunned following impact
- Forgets or is confused about an assignment, position, or game
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

Symptoms of:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems, dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not “feeling right”, or “feeling down”

HOW TO HANDLE A SUSPECTED CONCUSSION:

- Call student health services for advice or to make an appointment
- Seek care immediately for severe symptoms
- Do not try to judge the severity of the injury yourself
- Record injury-related events including loss of consciousness, memory loss, seizures, and number of previous concussions to discuss with your clinician

HOW TO RETURN TO SCHOOL:

- Concussion may interfere with your ability to learn, concentrate, or remember
- Inform professors and coaches about a possible concussion right away
- Seek learning accommodations from your institution as needed
- Screen usage is okay when recovering from concussion as long as it does not significantly exacerbate symptoms

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<table>
<thead>
<tr>
<th>Subtype</th>
<th>Symptom</th>
<th>Therapeutic*</th>
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<tbody>
<tr>
<td>Vestibular</td>
<td>• Dizziness</td>
<td>• Vestibular physical therapy</td>
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<td></td>
<td>• Head movements cause symptoms</td>
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<tr>
<td>Ocular-motor</td>
<td>• Difficulty focusing on moving objects or objects moving closer</td>
<td>• Dynamic vision therapy</td>
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<td></td>
<td>• Fatigue with reading</td>
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<tr>
<td>Cognitive</td>
<td>• Problems concentrating or remembering</td>
<td>• Cognitive-behavioral therapy</td>
</tr>
<tr>
<td></td>
<td>• Problems completing tasks</td>
<td>• Neuropsychologist***</td>
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<tr>
<td>Headache/Migraine</td>
<td>• Light and/or noise sensitivity associated with Headaches</td>
<td>• Analgesia and avoidance of triggers</td>
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<tr>
<td></td>
<td></td>
<td>• Headache Clinic***</td>
</tr>
<tr>
<td>Anxiety/Mood</td>
<td>• Anxious and/or depressed</td>
<td>• Psychiatrist and counseling***</td>
</tr>
<tr>
<td>Cervical Strain**</td>
<td>• Moving neck causes symptoms, neck pain, and/or headache</td>
<td>• Neck physical therapy</td>
</tr>
<tr>
<td>Sleep Disturbance **</td>
<td>• Trouble going to sleep</td>
<td>• Sleep Medicine Clinic***</td>
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<tr>
<td></td>
<td>• Waking at night</td>
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<tr>
<td></td>
<td>• Fatigue during the day</td>
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</tbody>
</table>

*Early cardio exercise and sleep hygiene is recommended for the recovery of all subtypes

**Cervical strain and sleep disturbance are concussion-associated conditions

***Consider referral for severe or prolonged symptoms greater than 2-4 weeks