

# Concussion

Temporarily altered brain function after trauma to the head



## Common symptoms

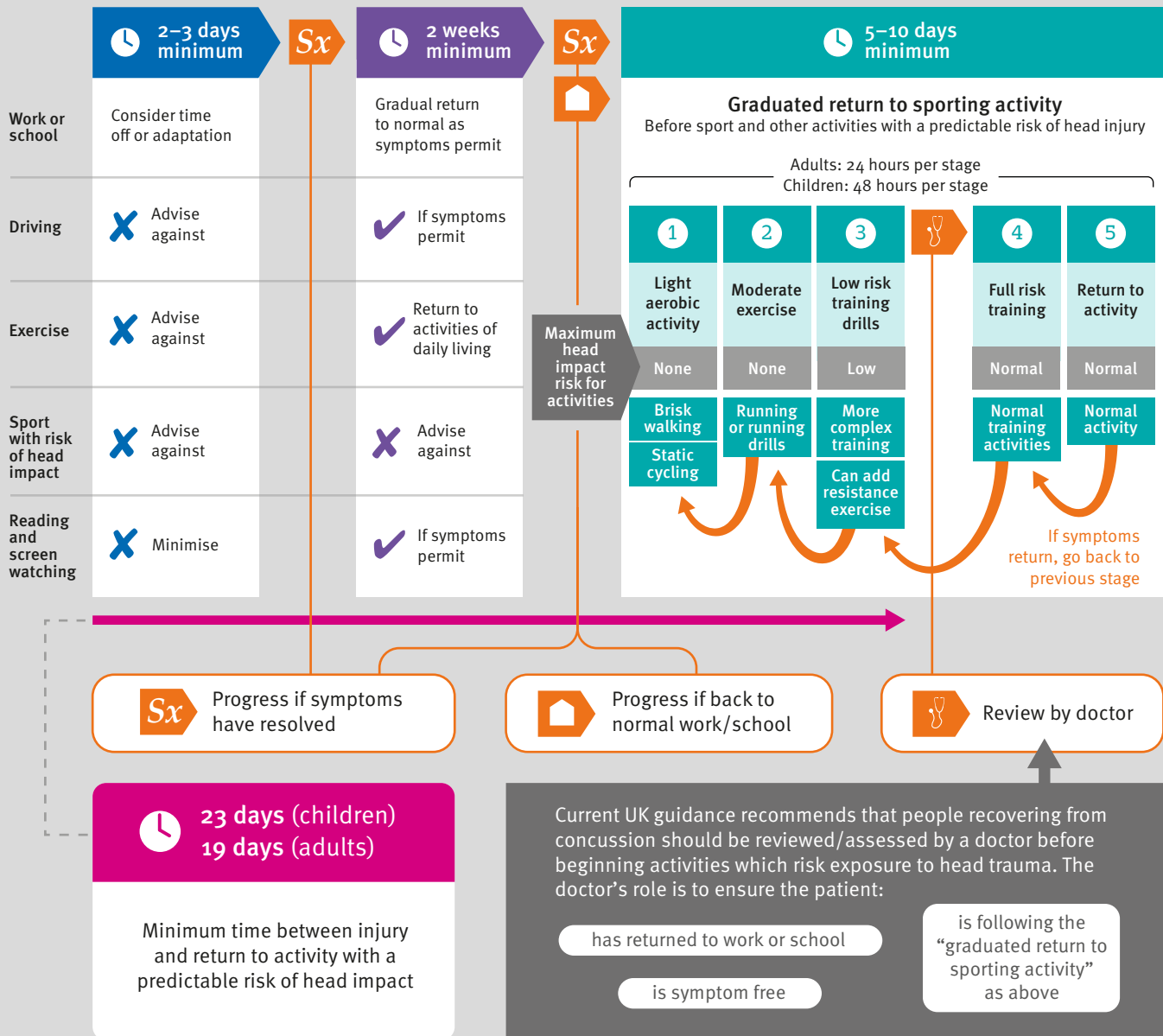
- Somatic symptoms** Headache
- Cognitive symptoms** Amnesia, feeling in a fog
- Emotional symptoms** Lability, mood disorders
- Behavioural signs** Irritability
- Physical signs** Loss of consciousness, disturbed gait/balance
- Cognitive impairment** Slow reaction times, difficulty concentrating
- Sleep disturbance** Insomnia

## One step at a time

Recommend a gradual return to work and play, which is thought to reduce risks of:

- Delayed recovery
- Persistent symptoms
- Poor cognitive performance
- Other musculoskeletal injuries
- Long term consequences
  - Including chronic traumatic encephalopathy

## Suggested recovery progression



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 Consensus statement on concussion in sport (Zurich, 2013). doi: 10.1136/bjsports-2013-092313  
 Secondary concussion guidelines for the education sector (2015). [www.sbn.org.uk/index.php/download\\_file/view/873/559/](http://www.sbn.org.uk/index.php/download_file/view/873/559/)

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