

Concussion

Temporarily altered brain function after trauma to the head



Common symptoms

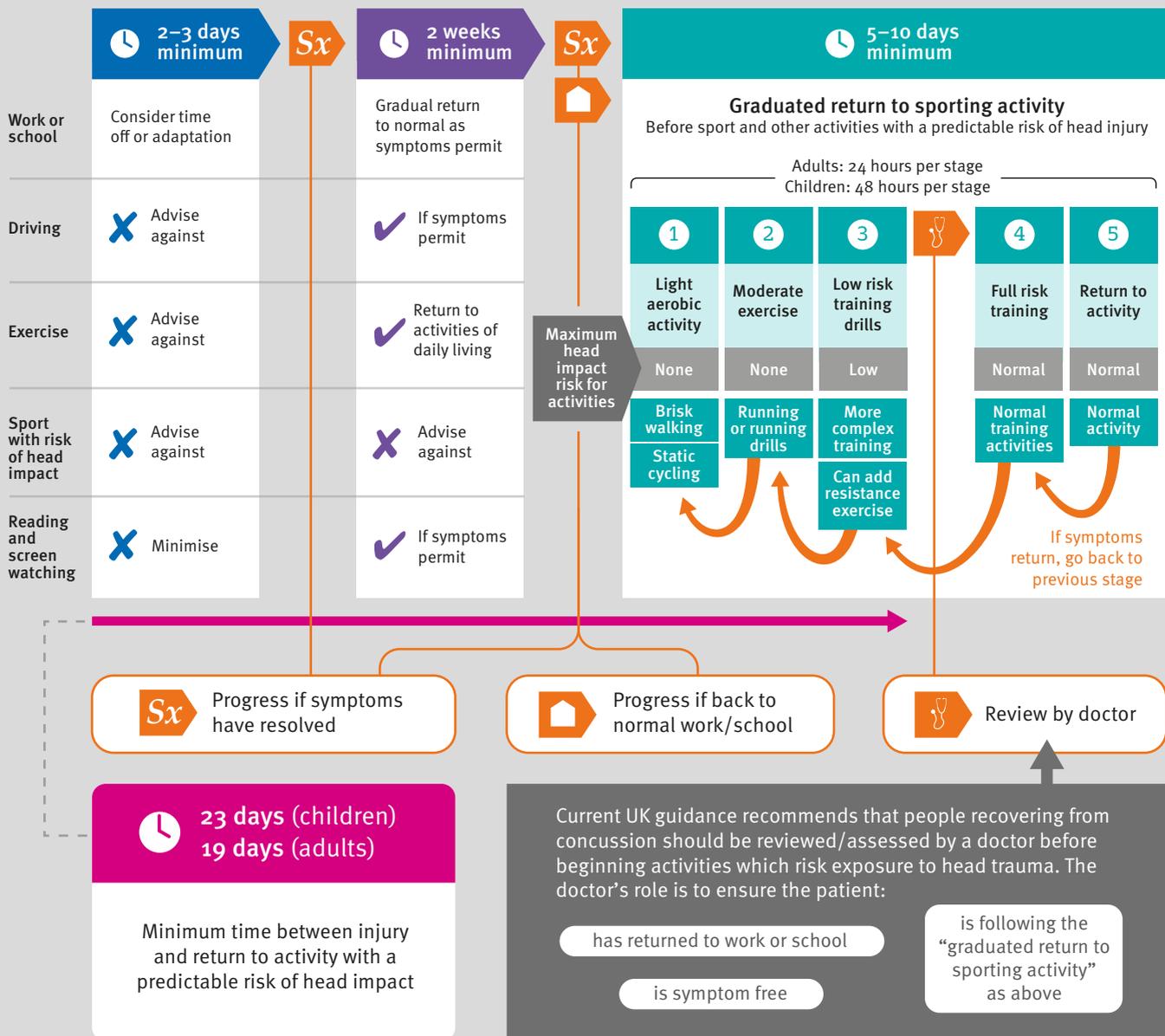
- Somatic symptoms** Headache
- Cognitive symptoms** Amnesia, feeling in a fog
- Emotional symptoms** Lability, mood disorders
- Behavioural signs** Irritability
- Physical signs** Loss of consciousness, disturbed gait/balance
- Cognitive impairment** Slow reaction times, difficulty concentrating
- Sleep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



© 2016 BMJ Publishing group Ltd.

Disclaimer: This infographic is not a validated clinical decision aid. This information is provided without any representations, conditions or warranties that it is accurate or up to date. BMJ and its licensors assume no responsibility for any aspect of treatment administered with the aid of this information. Any reliance placed on this information is strictly at the user's own risk. For the full disclaimer wording see BMJ's terms and conditions: <http://www.bmj.com/company/legal-information/>

Adapted from {
 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/

thebmj Read the full article online

<http://bmj.co/conrec>