

# UNDERSTANDING YOUR CONCUSSION SYMPTOMS

## YOUR BRAIN IS HEALING!

Brain cells are working overtime to restore function which takes energy!  
 This can cause you to feel symptoms like headache, dizziness, fatigue, concentration problems, and more.

Your brain may be continuing to heal from the concussion!

Brain cells are continuing to work to restore function.

At this point, it is very unlikely that your current symptoms are **DIRECTLY** related to your brain healing from the concussion.

The most likely culprits are box below.



## Factors that can make concussion symptoms worse. . .

- Dehydration
- Poor nutrition
- History of headaches, concentration problems, anxiety, depression
- Pushing through symptoms
- Over-resting (sleeping too much)
- Not sleeping enough

- Dehydration
- Poor nutrition
- History of headaches, concentration problems, anxiety, depression
- Over-focusing on concussion symptoms
- Over-resting (sleeping too much)
- Not sleeping enough

### Unlocking a Symptom:


This happens when you may never have experienced a symptom before but the concussion “unlocks” it. For example, you may have never had a migraine, but the concussion “unlocked” it.

### Exacerbating (making worse):

This happens when something you experienced before (like headaches, anxiety, concentration problems) are made worse after a concussion.

### Deconditioning:

Not participating in your “normal” daily routines (school/work, exercise) because of your symptoms causes stress and can lead to physical AND mental de-conditioning. Over time, this can lead to additional or prolonged physical, cognitive, and emotional symptoms. The treatment? Gradually work towards a return to your normal routine.

 **The key is to treat symptoms at this stage!**