

How to SPEED UP Concussion Recovery

Published: Mon, 08/26/24

Updated: Sun, 09/01/24



Orthopedic

Pelvic Health

Balance



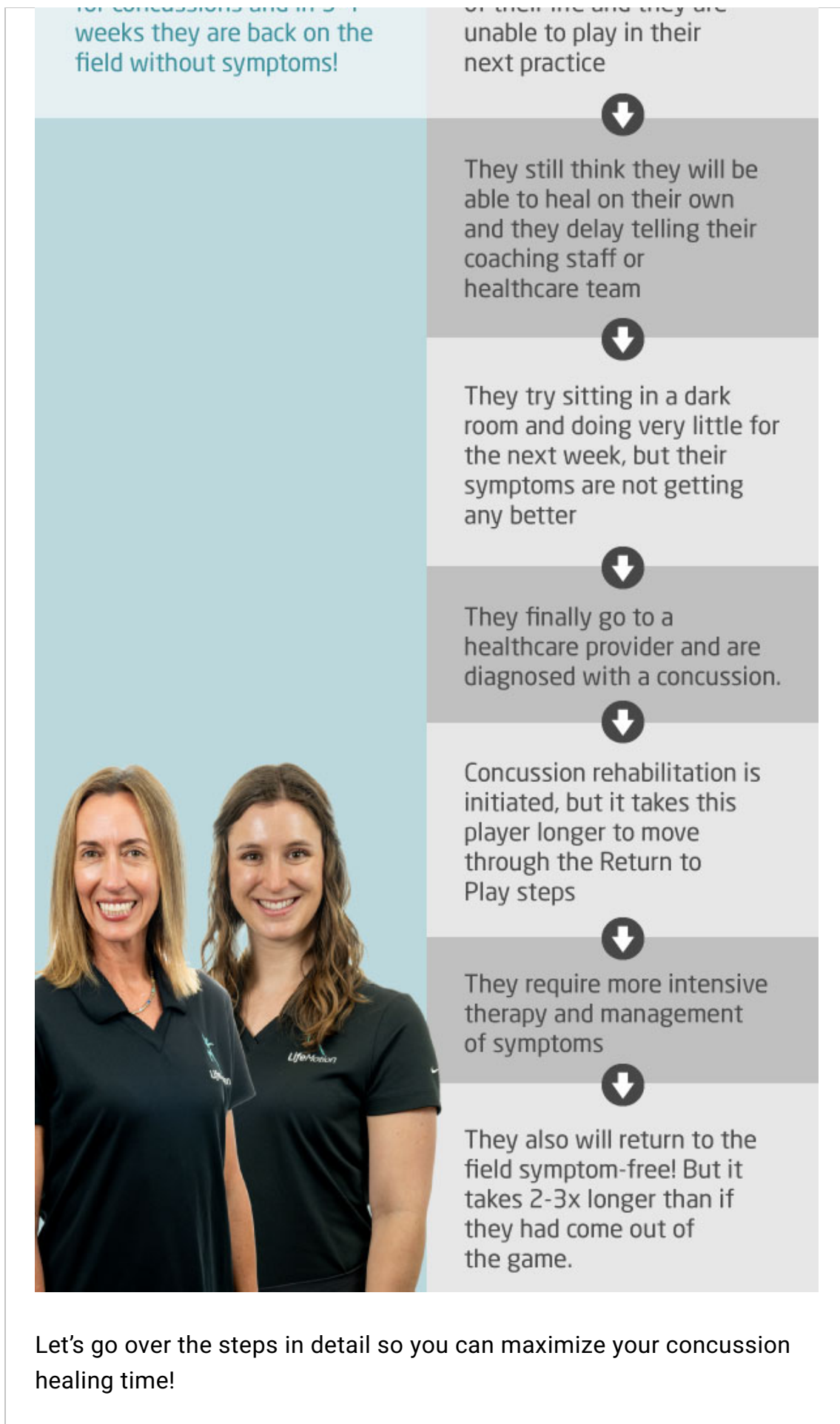
Do You Want Your Concussion To Last 3 Weeks or 3 Months?

What you do immediately after sustaining a concussion determines how quickly you heal.

We have all seen “the hit.” We are watching a sporting event on TV, in the stands, or even for our child, and there is a collision that causes a collective groan to ripple throughout the stadium. The player looks dazed. They place their hands on their head, blinking and shaking their head like an Etch-a-Sketch while rising to their feet as if to shake off what just happened. Everyone is thinking the same thing: “did they just get a concussion?” This player is now at a crossroads: Do they continue playing? Or do they put their brain health first?

Let’s explore the paths this player could go down:

<i>STOP Play. Get Assessed.</i>	<i>Keep Playing. Get Stressed.</i>
After the hit this player is taken off the field and a sideline assessment is performed by the trainer	After this hit this player says they are okay and continue playing the game
↓	↓
The player is put on active rest for 24-48 hours after the impact and this is assessed by a qualified healthcare provider (physician, physical therapist)	This player has sustained a concussion and they drive their brain further into an energy deficit because they are playing with the injury
↓	↓
The player is diagnosed with a concussion and initiates concussion rehabilitation with a trained physical therapist	After the adrenaline of the game wears off, they begin to experience headaches, dizziness, neck pain, light sensitivity, feeling slowed down
↓	↓
This player works through the Return to Play Protocol for concussions and in 3-4	After 24-48 hours, their symptoms disrupt all areas of their life and they are



1) Seek A Healthcare Provider Immediately

After sustaining a concussion, the most crucial step you can take is to seek immediate medical attention. If you are playing a sport, STOP! Come off the field and get a sideline assessment by a qualified provider. [Research](#) shows that immediate removal from activity is associated with shorter recovery time.

Plan to schedule an assessment with a concussion specialist for further evaluation. Consulting a healthcare provider promptly can significantly shorten your recovery time. Conversely, delaying your visit to a healthcare professional can prolong your recovery and increase the risk of complications.

This [study](#) found athletes who sought care within the first 7 days of injury were associated with earlier recovery times compared to athletes who sought care between 8-21 days after injury. Early intervention = being back in the game sooner

2) Immediate Steps to Aid Healing

While waiting to see a healthcare provider, there are several things you can do to support your recovery:

- **Rest:** Give your brain the break it needs. Aim for 24-48 hours of complete rest, avoiding strenuous physical and cognitive activities.
- **Ice:** Apply ice packs to the back of neck or center of the chest for 2-5 minutes to alleviate symptoms of nausea or dizziness (BONUS: it can also help with insomnia!)
- **Nutrition:** Eat a balanced diet rich in vitamins and minerals to support brain health. Limit sugar intake (especially sugary drinks!) to decrease inflammation.
- **Sleep:** Ensure you get plenty of sleep, as it is crucial for brain recovery. When you wake up, try to be in sunlight for at least 5 minutes to reset your circadian rhythm
- **Gradual Return to Activities:** After the initial rest period and consultation with a concussion specialist, slowly reintroduce daily activities under guidance of your healthcare team, paying close attention to how your body responds. Avoid rushing back into strenuous activities too quickly.

3) Concussion Rehabilitation with a Trained Physical Therapist

Physical therapy concussion specialists play a vital role in your recovery

journey. These professionals are trained to:

- Conduct thorough assessments: PT specialists evaluate your symptoms and functional limitations to develop a personalized treatment plan to get you back to your sport or work.
- Manage symptoms: They provide targeted therapies to address issues such as dizziness, balance problems, and neck pain that often accompany concussions.
- Guide safe return to activities: PT specialists create structured, progressive exercise programs that help you gradually return to your sport or daily activities safely.
- Educate and support: They offer education on concussion management, bust myths surrounding concussions, and empower you to make informed decisions about your health.

A new school year means a new sports season! While getting injured is never fun, following these guidelines and working closely with healthcare and PT concussion specialists can help you get your head back in the game!

Stay informed, take immediate action, and trust the process for a smooth recovery journey.

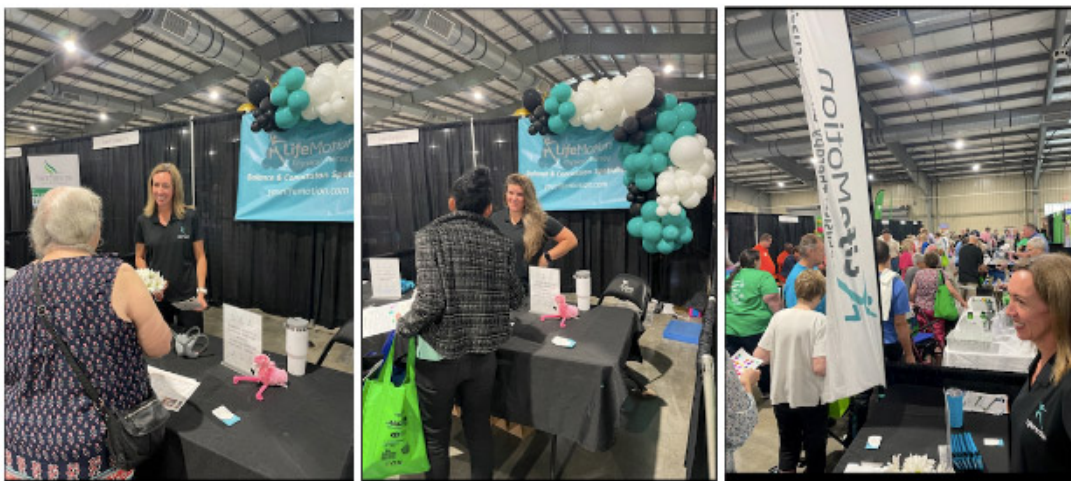
Schedule An Appointment



Service Highlight: Concussion Evaluation

Watch this video on how easy it is to set up a concussion evaluation
at LifeMotion!

WATCH VIDEO



Clinic News:

LIFE Senior Help and Wellness Expo

In early July, LifeMotion had the opportunity to have a booth at the Senior LIFEstyle and Wellness Expo hosted by LIFE Senior Services. We were able to talk about fall prevention and the importance of getting annual fall risk screenings after 65. We also networked with resources in our community so we can share how other groups are supporting older adults in the Tulsa area. Aging is part of life, so why not practice aging well! Check out our website for information about how to get a FREE fall risk screening today!

Free Fall Risk Screening

LifeMotion Staff Summer Photo Album





The team enjoying refreshing watermelon during a heatwave!





The team celebrated Director of 301 Holly Thompson's birthday with a Dolly Parton and Pitbull-themed party! Give "Powerful Women" a listen!



Annual Concussion Baseline Screening with the West Side Alliance Soccer Club! (another great way to have better recovery outcomes is to know your baseline)





A Message From Ryan

As summer winds down, it's time to gear up for fall sports! Soon, the crisp air will be filled with the excitement of soccer, football, volleyball, and more. At LifeMotion, we're dedicated to helping athletes of all levels perform at their best and stay in the game. One injury that we continue to see mismanaged is concussions.

As a parent of kids in sports, I understand the pressure to keep them in the game after a knock to the head. However, if your child shows any symptoms like holding their head, blinking excessively, shaking their head, or appearing unsteady, it's crucial to pull them from the game. Our experience and research show that continuing to play can significantly extend recovery time. Advocating for your child's safety is essential.

The good news is that concussions can heal quickly when managed correctly. At LifeMotion, we've been working hard to support student-athletes by offering individualized baseline screenings. These screenings help us establish balance and reaction norms, which are crucial for assessing the impact of a potential concussion. If you haven't scheduled a baseline screening yet, we highly recommend doing so. A brief appointment can make a significant difference in your child's recovery and safety.

It's been a busy month at LifeMotion! From participating in the LIFE Senior Services Expo to celebrating birthdays, enduring the heat, and helping our clients regain their mobility, we're here for you. Our team of physical therapy experts is ready to assist with any orthopedic, pelvic health, or balance/concussion needs.

Stay safe and have a fantastic fall sports season!

[Go to LifeMotion](#)



3345 S HARVARD AVE
Suite 101/301
Tulsa OK 74135
USA

[Unsubscribe](#) | [Change Subscriber Options](#)

powered by  **AWeber**