



## Concussion Recovery



A **concussion** is a blow to the head that causes the brain to move back and forth quickly. It is a type of traumatic brain injury.

If you have symptoms after a concussion, it doesn't mean that you will have complications or permanent brain damage. Most people who have a concussion will recover in a few hours, a week, or a few months.

### Common causes of concussion include:



**A car or bike crash**



**A fall**



**An assault**



**A sports injury**



Most people who have a concussion have temporary symptoms that last for a brief time.

### Common Concussion symptoms include:

**Fatigue**

**A headache**

**Dizziness**

**Memory problems**

**Trouble thinking clearly**

**Issues with noise or bright light**

**Nausea**

**Poor concentration**

**Changes in mood or sleep**

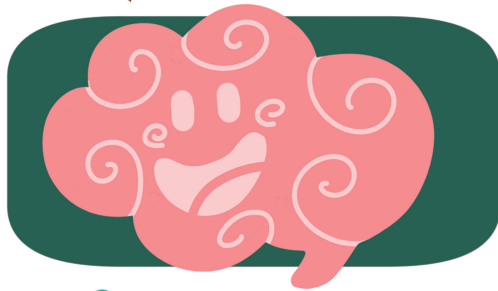
**Blurry or double vision**

**Short-term disorientation**

**Irritability**



To improve concussion symptoms, you should

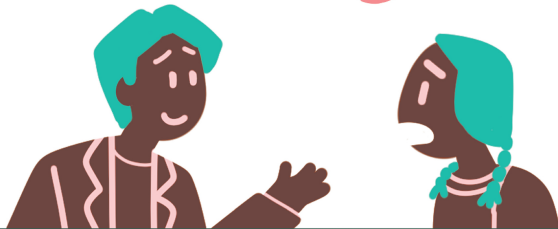


Slow down and pace yourself.

Relax for a few hours or a day and slowly increase activity.

Try light exercise and mental activities.

Ask for support from work or school.



**If you have concerns about your recovery, talk to your doctor.**  
Go to the emergency room right way if you notice varying levels to your awareness or motor abilities over the course of hours or days.

## Did you know?

**Repeated concussions can have a cumulative effect. It is important to take steps to prevent future injuries.**



**Support from your family and friends**  
can be helpful after a concussion. You may also want to talk to others who have been through similar experiences.

Source: The infographic was adapted from Concussion Recovery developed by Robin Hanks, Ph.D, Kathy Bell, M.D., and Laura Dreer, Ph.D. in collaboration with the Model Systems Knowledge Translation Center (<https://mskctc.org/>).

Disclaimer: This information is not meant to replace the advice of a medical professional. You should consult your health care provider regarding specific medical concerns or treatment. The contents of the infographic were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90DPKT0008). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this infographic do not necessarily represent the policy of NIDILRR, ACL, or HHS, and you should not assume endorsement by the Federal Government.

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