

# Concussion



## Physical Therapy for Concussion

Improve balance deficits, vestibular issues, diminished tolerance to activity and oculomotor impairments

Concussions are mild traumatic brain injuries caused by a sudden blow or force applied directly or indirectly to the head resulting in disturbance in brain function. A concussion can lead to a myriad of symptoms that significantly interfere with daily life and function. For individuals who experience persistent physical complaints, physical therapists are a key provider to assist those recovering from concussion.

Physical therapists evaluate and treat people following concussion for balance deficits, vestibular complaints, diminished tolerance to activity and oculomotor impairments. Graded exertional testing is recommended and used to guide return to activity. In general, graded exercise that does not exacerbate symptoms appears beneficial to those with post-concussive symptoms. Since the forces that cause concussion may also result in neck or vestibular system injury, an evaluation by a physical therapist of these systems is recommended.

A multimodal approach to symptom management is emerging as the standard of treatment for individuals with prolonged symptoms following concussion. A team of providers may be necessary to address the range of physical, cognitive, visual, and behavioral complaints, including: physician, physical therapist, speech language pathologist, occupational therapist, psychologist, and neuro optometrist.

### About Therapydia

Therapydia is a national brand of Physical Therapy clinics emphasizing longer one-on-one treatments. Our physical therapists are experts in their fields and are devoted to the highest levels of patient satisfaction and long-term outcomes. We're creating the PT clinics of the future – designed to inspire and rejuvenate patients, and help them reach their goals.

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