

## CONCUSSION ACTIVITY GUIDELINES

You have been diagnosed as having a concussion. If you increase the blood flow to the brain while you are recovering from a concussion you will destroy very vulnerable damaged brain cells. Exercise increases blood flow to the brain and mental exercise is just as bad as physical exercise. Since every concussion is different, symptoms may vary from person to person. In order to help you recover faster, the following is recommended:

Not attending school

No reading

No videogames

No I-pod use

No walking the dog

No movies at the local theater

Use sunglasses if you go outside or if your surroundings are very brightly lit.

No PSAT or SAT tests

No computer use

No text-messaging

No hot tubs

No socializing with your friends

No school functions (sporting events, dances, etc)

Do not be concerned if you are having trouble focusing or concentrating, having difficulty remembering words in conversation or not remembering where you placed items, feeling foggy or slowed down (You may feel that your thinking is operating on a dial-up connection instead of your usual broadband). These symptoms will resolve when you get better. If you overdo any activity your headache will usually increase. If you don't stop the activity you will then become dizzy and nauseous. **DO NOT ALLOW THAT TO HAPPEN.**

While home, you may watch TV for short intervals, starting with 15-20 minutes (**AS LONG AS WATCHING TV DOES NOT INCREASE YOUR SYMPTOMS**) and gradually increase the amount of time watching TV. Books on tape are another alternative to watching TV.

When you are headache free, you may attend school. Try one period and continue to attend classes until you become symptomatic. (Initially you may want to avoid math and chemistry class.) If you become symptomatic (headache, etc.) go to the nurse's station and lie down. Skip the next period and try attending the following period. If you develop a headache in that period go home. Gradually increase the amount of time spent in school and reading/using the computer. Avoid loud music and wear sunglasses when outside and indoors in brightly lit settings.

When you are symptom free and on no medications for 2 days you may start the concussion return-to-play exercise program. Walk for 30 minutes at 2.5 miles/hour day one. The next day jog for 20-30 minutes and the following day run for 30 minutes. Day 4, practice with the team with no contact. If symptoms develop during any activity, stop the activity and skip the next day. Retry the same activity again the next day.