🧠 LIVING WITH PERSISTENT CONCUSSION SYMPTOMS

Understanding ongoing symptoms, recovery, and rehabilitation

A simple guide for individuals and families.

UNDERSTANDING SYMPTOMS

💙 1. Why do some people continue to experience symptoms?

While many people recover within weeks, others experience symptoms for months or longer.

Common reasons include:

- **Headaches:** Migraine, neck injuries, or pain sensitivity.
- **Dizziness:** Balance, inner-ear, or vision problems.
- **Brain fog:** Difficulty with memory, focus, and thinking.
- **Fatigue:** Increased effort required for everyday activities.
- **Sleep problems:** Changes in sleep patterns.
- **Sensory sensitivity:** Difficulty tolerating screens, bright lights, or noise.

Several factors may contribute at the same time.

💚 2. What if someone looks fine but struggles with everyday life?

Concussion symptoms are not always visible.

Someone may look healthy but struggle with:

- Grocery shopping or busy environments.
- Reading, screens, or conversations.
- Work, school, and concentration.
- Fatigue and social activities.

This is sometimes called an *invisible injury*.

Remember: Looking fine does not mean feeling fine. Symptoms are real and deserve understanding and support.

MOVING FORWARD WITH RECOVERY

💜 3. What if recovery seems to have reached a plateau?

A recovery plateau does not mean improvement is impossible.

Helpful steps include:

- Track symptoms and identify triggers.
- Review your treatment plan with a healthcare provider.
- Balance activity with breaks.
- Gradually increase physical and mental activity.
- Prioritize sleep and stress management.
- Ask about specialized concussion rehabilitation.

Sometimes recovery requires a different approach, not simply more time.

❤️‍🩹 4. What rehabilitation and healthcare professionals can help?

Professional	How they help
Family doctor / Nurse practitioner	Assessment and referrals
Physiotherapist	Neck pain, headaches, exercise
Vestibular therapist	Dizziness and balance
Occupational therapist	Daily activities and fatigue
Psychologist / Counsellor	Mood, anxiety, adjustment
Speech-language pathologist	Thinking and communication
Neurologist	Complex neurological symptoms

Treatment may include balance exercises, cognitive rehabilitation, graded exercise, vision therapy when appropriate, and sleep or stress support.

🌟 THE BIG TAKEAWAYS

- Persistent symptoms are real, even when invisible.
- A plateau does not mean recovery is over.
- Rehabilitation can be tailored to individual needs.
- Different healthcare professionals can work together.
- It is never too late to seek help.

📚 LEARN MORE

1. **Living Concussion Guidelines:** https://concussionsontario.org/
2. **BC Concussion Guidelines:** https://www2.gov.bc.ca/assets/gov/health/practitioner-pro/bc-guidelines/concussion-mbti-full-guideline.pdf
3. **HealthLink BC:** https://www.healthlinkbc.ca/healthlinkbc-files/concussion

Educational resource only. Persistent or worsening symptoms should be assessed by a healthcare professional.