After a concussion, it is easy to understand the importance of **physical** rest. However, it is equally important to rest the mind to allow the brain to heal.

This is called **cognitive rest**.

**What Should I Do If My Symptoms Don’t Get Better?**

Talk to your primary care provider!

There are resources available in the community to help you recover from this injury. They may include:

- Physical Therapy to help with balance issues, dizziness and headaches
- Speech Therapy to help with memory and concentration
- Consultation with a Sports Medicine Physician for further evaluation
What Is A Concussion?

A concussion is a type of traumatic brain injury (TBI) that results from a bump, blow or jolt to the head OR body that causes the head and brain to move rapidly back and forth.

This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain.

Symptoms Can Include:

- Headache
- Dizziness
- Balance problems
- Nausea
- Vomiting
- Sensitivity to light and sound
- Ringing in the ears
- Vision changes
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down, sluggish
- Changes in sleeping habits
- Mood changes

Why Should I Rest?

After a concussion, there are physical injuries to the brain, such as bruising and stretching of the brain cells and tissues.

Participating in physical activity before the brain is healed can prevent these injuries from getting better - and can even make them worse.

There are also chemical changes that occur in the brain in response to injury. After a concussion, the brain requires more of its food source - glucose - to help it heal. Physical activity takes this glucose away from the brain to use in the body, which can prolong recovery. Did you know cognitive activities use up this energy too?

Mental or cognitive exertion depletes the energy the brain needs to heal, just like physical exertion. It is often the reason symptoms such as headaches and problems concentrating get worse days after the injury.

How Do I Rest My Mind?

Here are some strategies for cognitive rest, to assist in recovery from a concussion:

- Avoid bright lights and crowded places
- Minimize exposure to stressful situations
- Limit the time you spend reading, watching TV and playing computer or video games
- Limit how long you drive
- Children may need to take days off from school and gradually return to school and homework as symptoms resolve
- Adults may need to take days off from work and gradually return to full duty as symptoms resolve