



# Physical Therapy Management of Post-Concussive Syndrome

Many concussions will resolve fairly quickly, within 7-10 days with proper rest. However, more severe cases are associated with the possibility of post-concussive syndrome. This syndrome usually will manifest with multiple symptoms, such as continued headache, trouble with balance, dizziness, and/or difficulty with concentration, which often last greater than four weeks. Treatment options include prolonged rest, academic accommodations, medications, and physical therapy management.

At Henry Mayo Newhall Hospital Outpatient Physical Therapy our team of licensed and experienced therapists can help to accelerate the process of recovery, return to activities of daily living and sports or recreational participation. Physical therapy can address secondary injuries such as neck muscle strains, vertigo, balance impairments, cervicogenic headaches, abnormal eye movements, and supervised return to sport or work exertional training. Your physical therapist will design and implement an individualized exercise plan, to assist with re-educating the brain to tolerate exercise or exertion while eventually returning you to your daily activities and/or sports participation safely.