



Melbourne Physiotherapy
CONCUSSION CLINIC

Treating Concussion Seriously

Signs and Symptoms of Post-Concussion Syndrome

Concussion is a blow to the head, neck or body that leads to a wide spectrum of brain related symptoms. In medical terms, it is often referred to as a mild traumatic brain injury (mTBI). Concussion is a result of microscopic injury to the brain, which in most cases, is not detected on brain scans.

Although more than 50% of people suffering concussion experience symptoms for up to a week after the injury, about 80% recover within a month. However, approximately 20% of patients have symptoms that last longer than four to six weeks, at which point they are diagnosed with post-concussion syndrome.

Symptoms to be aware of



MEMORY LOSS



DIFFICULTY LEARNING



BALANCE + STABILITY ISSUES



SLEEPLESS NIGHTS



FEELING FATIGUED



DOUBLE VISION OR LIGHT SENSITIVITY



CONFUSION



DIZZINESS + HEADACHES



REDUCED MOOD + ANXIETY



MENTAL FATIGUE



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