

# CONCUSSION RECOVERY FAST FACTS



**A concussion is a form of mild brain injury**

**Recovery is improved with optimal rehabilitation and physiotherapy.**



## **HOW DO YOU RESPOND IF YOU SUSPECT A CONCUSSION?**

- All persons suspected of a concussion should receive the SCAT 5
- The SCAT 5 is a tool used on those over 13 to assess signs and symptoms of concussion

## **DO I REQUIRE ONGOING MEDICAL SUPPORT AND WHEN?**

If you complete a SCAT 5 or concussion you must seek medical support from

- A sports physician or GP within 24 hours
- A physiotherapist trained in managing concussions within the first week.
- And Follow any instructions provided by the professional completing your SCAT 5.

## **WHO SHOULD PROVIDE REHABILITATION?**

- A health professional like a physiotherapist who has training in managing concussion and brain injuries.

## **HOW OFTEN WILL I REQUIRE REHABILITATION?**

- This will depend on your symptoms however this may be weekly or fortnightly.

## **WHEN CAN I PLAY AGAIN AND WHO CAN CLEAR ME?**

- There are strict guidelines that should be followed.
- Your medical doctor is responsible for clearance and progression through the return to study/work and play guidelines.
- Your physiotherapist will provide information on your recovery.

## **WHAT IF I DON'T FOLLOW THE GUIDELINES AND REHABILITATION?**

- Recovery can be delayed and ongoing symptoms may mean you may not be able to return to sport
- Symptoms may progress, become chronic and interfere with daily study/work and life.
- You may be at risk of further concussions and injuries.

## **HOW DO I ACCESS REHABILITATION?**

If you have private health insurance or wish to pay

- You can access a physiotherapist privately in the community and use your Private Health Care.
- If you do not have access to these options you should obtain a referral to your local hospital Physiotherapy Outpatients department.