STRENGTH IN PAIN FOUNDATION

STRENGTH IN PAIN AFTER A CONCUSSION



A PRACTICAL GUIDE TO RECOVERY

Most people recover well from a concussion — but recovery starts with knowing what to do.

RECOGNIZE SYMPTOMS

KNOW WHEN TO SEEK CARE

SUPPORT YOUR RECOVERY

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RECOVERY.
One step at a time.

HOPE.
Better days ahead.

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COMMON CONCUSSION SYMPTOMS

Symptoms may appear immediately or develop over the next several hours or days.



PHYSICAL
Headache, dizziness, nausea, balance issues.

COGNITIVE
Brain fog, difficulty concentrating, memory problems.

EMOTIONAL
Irritability, anxiety, sadness, mood swings.

VISION
Blurred vision, light sensitivity, difficulty focusing.

SLEEP
Trouble falling asleep, sleeping more or less than usual.

SENSORY
Sensitivity to light, noise, or busy environments.

SYMPTOMS CAN VARY
Not everyone experiences all of these symptoms. They can differ in type, severity, and how long they last.

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GO TO THE EMERGENCY ROOM IMMEDIATELY



A concussion can sometimes become a serious brain injury. Seek emergency care if you experience:

- Loss of consciousness (even briefly)
- Repeated vomiting
- Worsening headache
- Increasing confusion or unusual behavior
- Seizures
- Unequal pupil size or vision changes
- Weakness, numbness, or trouble walking

CALL 911

IF YOU EXPERIENCE ANY OF THESE SYMPTOMS.

Early treatment can save a life and prevent further injury.

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THE FIRST 24–48 HOURS



Give your brain and body time to rest and begin to heal.

DO

- Rest your brain and body.
- Stay hydrated.
- Eat nutritious meals.
- Have someone check on you regularly.

AVOID

- Screens (TV, phone, computer).
- Intense physical activity or sports.
- Alcohol or recreational drugs.
- Driving or high-risk activities.

FOLLOW YOUR HEALTHCARE PROVIDER'S INSTRUCTIONS.

Rest is most important in the first 24–48 hours, even if you feel okay.



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RECOVERY TIMELINE



RECOVERY LOOKS DIFFERENT FOR EVERYONE.

Most people start to feel better within days or weeks, but full recovery can take longer.

1 REST

Rest your brain and body. Keep activities minimal.

0 – 48 HOURS

2 LIGHT ACTIVITY

Gradually add light daily activities if symptoms are improving.

2 – 7 DAYS

3 MODERATE ACTIVITY

Increase activity levels slowly. Avoid high-risk activities.

1 – 4 WEEKS

4 RETURN TO WORK / SCHOOL

Resume work or school with accommodations if needed.

2 – 6 WEEKS

5 FULL ACTIVITY

Return to sports and high-risk activities only after full recovery and medical clearance.

VARIES (MAY TAKE MONTHS)

RECOVERY IS NOT ALWAYS LINEAR.
Good days and bad days are common. Progress may be slow, then speed up. Be patient with yourself.

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RETURNING TO ACTIVITY

TAKE A GRADUAL, STEP-BY-STEP APPROACH.

Increase activity only if symptoms remain mild and continue to improve.

1 REST



Rest your brain and body.

0 – 48 HOURS

2 LIGHT ACTIVITY



Short walks and daily activities that don't worsen symptoms.

2 – 7 DAYS

3 MODERATE ACTIVITY



Gradually increase intensity. Light exercise like biking or strength training.

1 – 4 WEEKS

4 RETURN TO WORK / SCHOOL



Resume with accommodations if needed.

2 – 6 WEEKS

5 FULL ACTIVITY



Return to sports and high-risk activities only after full recovery and medical clearance.

VARIES (MAY TAKE MONTHS)

IF SYMPTOMS WORSEN AT ANY STEP, GO BACK AND REST.

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WHEN SYMPTOMS DON'T GO AWAY



If symptoms continue beyond several weeks, you may be experiencing post-concussion symptoms. There are treatment options that can help.

PERSISTENT SYMPTOMS
MAY INCLUDE:

- Ongoing headaches or pressure in the head
- Brain fog or difficulty concentrating
- Anxiety, depression or mood changes
- Sleep disturbances or fatigue

TREATMENT OPTIONS
MAY INCLUDE:

- **Physical therapy**
  Balance, strength and movement
- **Vision therapy**
  Visual tracking and eye coordination
- **Hyperbaric oxygen therapy**
  Supports brain healing and reduces inflammation
- **Craniosacral therapy**
  Gentle, hands-on therapy to support nervous system regulation

EARLY TREATMENT OFTEN IMPROVES OUTCOMES.
If symptoms persist, talk to a healthcare professional experienced in concussion management.



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YOU'RE NOT ALONE

Healing from a concussion is a journey, and we're here to walk it with you.



GET SUPPORT
Connect with others who understand what you're going through.

LEARN MORE
Access educational resources and recovery tools on our website.

REACH OUT
Talk to trusted healthcare professionals. It's okay to ask for help.

KEEP HOPE
Recovery is possible. Better days are ahead.

STRENGTH. RECOVERY. HOPE.
You are not alone. One step at a time.

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