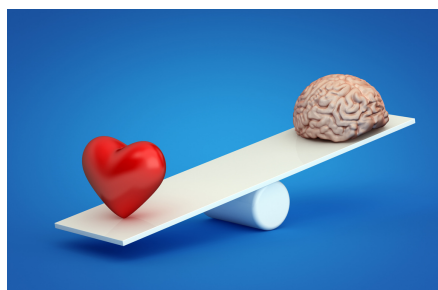


Rest vs relative rest in concussion



Evidence shows patients **CAN** gradually increase their activity after a brief period (24-48 hours) of physical and cognitive rest.



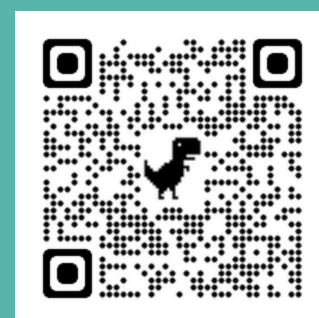
- Strict rest beyond 2 days prolongs recovery from concussion symptoms.
- Prolonged physical and cognitive rest is associated with decreased mood and/or increased anxiety.

ANPT Concussion/mTBI Knowledge Translation Task force

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References



Exercise promotes neuron growth and repair.

Concussion Rest vs relative rest



- Seek advice from your physical therapist (PT) regarding exercise prescription.
- To determine the right dosage for you to exercise at, your PT will administer an exercise test.
- The exercise prescription will include warm up, exercises in a safe heart rate zone and a cool down.

Exercising at moderate levels of physical activity within the first week after injury reduces persistent post concussive symptom.

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References

