

# Return to function after concussion



Since your injury, do you feel like you are not functioning at 100% during your daily activities?

Yes

No

Since your injury, do you find it harder to do two things at once?

Yes

No

Since your injury, do you find it harder to keep your balance?

Yes

No

- If you answered yes to any of these questions after experiencing a concussion, a physical therapist can help you address these symptoms.
- Some individuals present with difficulties with coordination, balance, and multitasking after a concussion/mTBI.

## ANPT Concussion/mTBI Knowledge Translation Task force

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