

# Concussion Symptoms: Self-Management

**Evidence shows the likelihood of recovering from a concussion without lingering symptoms is high, but if symptoms continue please seek medical care.**

## **Self-Management:**

- 80-90% of concussion symptoms will likely resolve within 10-14 days.
- Most individuals who experience a concussion will have spontaneous resolution of their symptoms.
- Consistent sleep is shown to help with recovery, excluding naps.
- Eat a healthy diet on your normal schedule considering more Omega-3 fatty acids (i.e fish, nuts, seeds, etc.).
- It is important to reduce the stress you're experiencing and add in relaxation activities (i.e Yoga, mindfulness, walk, etc.).
- If your symptoms increase to physical or cognitive exertion (i.e. exercise screen time), limit the activity.

## **ANPT Concussion/mTBI Knowledge Translation Task force**

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## **References**

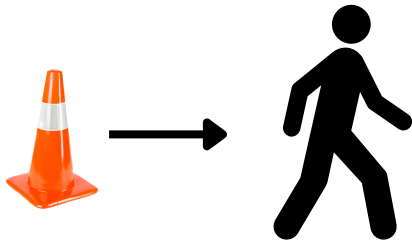


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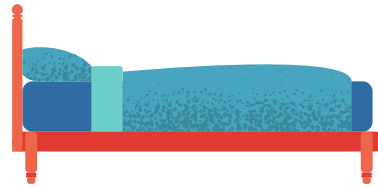
## Activity

The first 24-48 hours use caution, after 48 hours return to light activity.



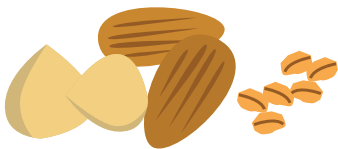
## Sleep

Try to achieve 7-9 hours of sleep each night, no naps.



## Eat and Hydrate

Eat a normal diet on a regular schedule. Avoid alcohol and caffeine.



## Stress Management

Use symptoms as a guide. Engage in relaxing activity. Limit screen time.



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## References

