

Concussion:

There has been a lot of conversation in regards to athlete should rest after a concussion. Historically, many athlete should rest until his or her symptoms have. However, research has shown that too much rest can lead to play and longer duration of post concussive symptoms. this article review is to discuss the most recent research of rest in athletes.

The 4th Internal Consensus Statement on Sport (4th CIS) recommended an initial period of rest in the symptomatic portion (24-48 hours) post-concussion. This was suggested to encompass reduced or limited cognitive, social activities by restricting school attendance, academic usage, and exercise (both sports-related activity and education classes). The rationale for the rest has been likely post-concussion "energy crisis" due to an increase in demand for energy when there is a reduction in blood during the first hours to days (24-28 hours) post-

Research by Thomas Buckley concluded there was to recovery and return to play between athletes who received more rest compared to those who made a gradual return to activity.

THE TRUTH ABOUT CONCUSSION

A concussion is a mild traumatic brain injury (mTBI). Most concussions occur without losing consciousness.

Effects of trauma

Trauma can cause vestibular dysfunction

- Ongoing dizziness
- Vertigo
- Blurred vision
- Imbalance
- Fatigue
- Falls

Symptoms

- Thinking**: Difficulty concentrating, memory
- Emotional**: Irritability, sadness
- Physical**: Headache, dizziness
- Sleep**: More/less than usual

Common causes

Falls: 41%	Struck by/against: 15%	Assault: 11%
Traffic accident: 14%	Other: 19%	

Next steps

1. Stop sport/activity. When in doubt, sit it out.
2. Seek medical evaluation.

What should I do?
For more information, visit: vestibular.org

VESTIBULAR DISORDERS ASSOCIATION

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Concussion in acute period of rest physical, and work, electronic physical linked to the the bodies flow to the brain concussion.

no reduced time

Common signs of concussion:



Based on the most recent research there are many factors that are involved with concussions. Athletes who suffer from a sports related concussion can develop a wide variety of symptoms. On occasion, some symptoms do not present themselves until several weeks after the initial incident.

It is very important to get into a medical professional and a physical therapist for a thorough consultation and evaluation as soon as possible. At our Oregon Medical Group Country Club Road facility we have state of the art equipment, including the Optogait system, to help rehabilitate and return any player safely back to the field. If you have any questions in regards to concussions or our treatment protocol, please contact David Holte at dholte@taipt.com.

Article title:

Acute Cognitive and Physical Rest May Not Improve Concussion Recovery Time

Buckley et al.