HOW TO
AFTER A CONCUSSION

Association québécoise des médecins du sport et de l'exercice

You were recently diagnosed with a concussion?

You need to take care of your brain!

Here are a couple tricks and tips to manage your physical and mental energy in the first few days following a concussion :

Picture your brain as a battery, but a battery that charges slowly and discharges rapidly. You need to manage energy, prioritize important tasks and don't forget to rest!



Alternate regularly between short periods of activity and rest

Separate tasks in short sequences

Complete the more demanding tasks at the **start of the day**

One cognitive activity at a time, **one** task at a time

Alternate between physical tasks, intellectual tasks and rest

Favorise **micro-pauses**



Micro-pauses from **1 to 15 minutes** can do a lot of good!

Stretch, do breathing exercises, go outside (no need for strenuous activities) ...why not do the dishes! Simply turn **OFF** your brain before going back to your task.

Limit reading, video games and screen exposure

Computers, tablets, phones...

You may use electronics to communicate with friends or colleagues but **avoid** long exposure and stop if your symptoms get worse! Lower the luminosity of your screen or better yet, activate **Night mode** (which restrains blue light).

Limit visual and auditory stimuli

In public places, such as grocery stores, shopping centers, gyms, etc., there is a lot to see and listen to. Sometimes all these stimuli can increase your symptoms. If this is the case for you, better not to stay too long or even avoid these places for a few days.

If possible, avoid places that are too bright. You can wear sunglasses temporarily, but only for a few days. You can also use glasses with **blue light filtering lenses.**

If noisy places bother you, you can also use **headphones** or **ear plugs**.

Consider **limiting** your driving

Driving requires a lot of concentration and a normal reaction speed. It's demanding for your brain.
To be safe, it is best to avoid driving for a few days.

Live a **healthy** lifestyle

Prioritize sleep,
stay hydrated, eat well

Follow protocols!

Progressively return to physical and intellectual tasks

For more information about recovery protocols, here are some helpful resources:

Mild traumatic brain injury : Advice for gradually resuming intellectual, physical and sports activities - Institut national d'excellence en santé et services sociaux (INESSS)
https://www.inesss.qc.ca/

AMQSE concussion toolkit
https://aqmse.org/coffre-a-outils-commotions-cerebrales/

These tips and tricks do not replace medical advice.
If you think you have suffered a concussion, AQMSE strongly suggests that you consult a doctor or concussion expert.

Association québécoise des médecins du sport et de l'exercice