

Common concussion/TBI symptoms

Each concussion is unique and while it is common for symptoms to appear immediately, some symptoms may not show up until hours after the injury.

Physical symptoms:

- Balance trouble
- Dizziness
- Headache
- Nausea
- Numbness/tingling
- Sensitivity to light
- Sensitivity to noise
- Vision problems
- Vomiting

Cognitive symptoms:

- Change in school performance
- Difficulty concentrating
- Difficulty remembering
- Feeling confused about recent events
- Feeling dazed/stunned
- Feeling foggy
- Forgetfulness
- Repeating questions
- Slow response time

Emotional symptoms:

- Increased emotions
- Irritability
- Loss of interest in favorite activities
- Nervousness
- Sadness

Sleep/energy symptoms:

- Drowsiness
- Fatigue
- Sleeping more than usual
- Trouble falling asleep or staying asleep

Concussion care team

Our team of professionals is committed to your child from the time of injury until they can get back to the activities they love. Our concussion experts provide the most up-to-date care from evaluation through rehabilitation.

The team includes:

- Physicians
- Registered nurses
- Certified athletic trainers
- Physical therapists
- Occupational therapists
- Speech-language therapists
- Education consultants
- Neuropsychologists
- Psychiatrists/
Psychologists



Multidisciplinary concussion care

Whether your child has just sustained a concussion or is having lingering symptoms from a previous injury, our multidisciplinary team can help them through the recovery process – from the management of neurological symptoms to addressing school and social issues and safely returning to activities.

Comprehensive concussion care includes:

- Comprehensive clinical evaluations
- Return to learn plans
- Return to play progressions
- Vestibular therapy
- Speech therapy
- Neuropsychological testing
- School consultation
- Mental health services
- Vision therapy

Appointments

Our concussion nurse navigator can help you schedule an appointment:

804-628-4878

855-742-4878 (toll-free)

Note: If you suspect your child or teen has a concussion, seek medical help immediately.

Concussion/Traumatic Brain Injury

A concussion is a type of mild traumatic brain injury that results in a temporary disruption in the way the brain normally functions. Concussions are caused by a bump, blow or jolt to the head, neck or body that causes the brain to move rapidly back and forth within the skull.

This sudden movement creates chemical changes in the brain that can result in cognitive, physical and emotional changes that affect the way an individual feels, thinks and acts.

Each concussion is unique and while it is common for symptoms to appear immediately after injury, others may not show up until hours after injury. Similarly, some symptoms may be subtle and difficult to fully identify, while others may cause a disruption in your child's normal daily routine.

While concussions are considered a mild form of brain injury, the effects of a concussion can be serious and warrant appropriate medical attention to optimize recovery. Treatment varies based on the type and severity of injury.

Frequently asked questions

Does my child need to be knocked unconscious to sustain a concussion?

You do not need to be "knocked out" to sustain a concussion. In fact, less than 10% of concussions involve loss of consciousness.

Does my child need brain imaging to diagnose a concussion?

A concussion is a functional injury, affecting how you think and feel, not a structural injury that you can see like a sprain. This means concussions will not show up on traditional imaging such as xrays, MRIs and CT scans.

Do all concussions present with the same symptoms?

Concussion symptoms are unique to each individual. Even if you have had a concussion before, your second concussion can present with different symptoms than the first.

How long will it take for my child to recover from a concussion?

The majority of concussions will resolve within the first two to four weeks following injury, however the time it takes for each individual to recover from injury varies. Speak with your doctor about an individualized treatment plan to help optimize your child's recovery.



Prevention

Mild to moderate concussions/traumatic brain injuries can be minimized by following basic safety guidelines.

- Require children and teens to always wear helmets and/or protective gear when skating, riding bicycles, skiing, skateboarding or participating in other sports.
- Properly install and use car seats as required by law.
- Educate children and teens to always wear a seat belt.
- Children should sit in the back seat of a car until age 14.
- Check your home for possible dangers and use safety products to prevent accidents.
- Only allow children to play in a safe and supervised environment.

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