

Persistent Concussion Symptoms

- Most people will fully recover from concussion symptoms with time.
- Most Adults feel “back to normal” within 2-3 weeks of injury.
- Children are a little slower and often take 4 weeks to recover from symptoms.
- Some people will experience persistent concussion symptoms and will need assistance from health professionals to recover.
- You may not realise that you are experiencing persistent concussion symptoms until you return to your normal daily activities such as study, work or sports.
- If you are experiencing ongoing symptoms then talk with your GP about this and discuss referral to a concussion service.



Sourced from ACC8319 Concussion Education Sheet

Who Can Help?

Your GP:

can help with linking into other services and with pain management and return to work.

ACC:

Can refer you to services and work with you and your health professionals to provide support through the recovery process.

Occupational Therapist:

Can help with fatigue management and cognitive difficulties such as memory, concentration etc. They can also help with graduated return to work/sport/leisure activities.

Physiotherapist:

Can help with dizziness and balance difficulties. Can also help with graduated return to work/sport/leisure activities.

Psychologist:

Can help with fatigue management and cognitive difficulties and also with emotional/ mood challenges.

Speech Language Therapist:

Can help with spoken and written language difficulties such as word finding.

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