Recovery Phase - Example Physical Activity

Day 1: Joe has a headache that scores 2 /10, he goes for a 10 minute walk on flat ground. As he walks he notices that his headache is getting slightly worse. By the end of the 10 minutes his headache score is 4/ 10, and within an hour of completing his walk the headache has settled back to 2 /10.

Day 2: Given yesterday's result Joe decides to attempt a 15 minute walk. His headache score is 2 / 10 before he sets off on his walk. Again he notices that his headache increases as he walks but he is able to complete the 15 minutes and at the end of his walk his headache score is 4 / 10, and has settled back to 2 / 10 within an hour of him finishing his walk.

Day 3: Joe decides to try walking for 20 minutes. His headache is 2 /10 at the start of his walk, he notices it increasing as he walks and after 17 minutes it has reached 5 / 10 so Joe stops walking and rests for the remainder of the day. His headache returns to 2 /10 about an hour after he finishes his walk.

Day 4: Joe knows that the attempt to walk for 20 minutes increased his headache by 3 points so he returns to the 15 minute walk that he was able to do on day 2. His headache is 2 /10 at the start of his walk and 4 / 10 by the end of the walk and settles back to 2 / 10 within an hour of competing his walk.

Sourced from ACC8319 Concussion Education Sheet

Day 5: Joe decides that he will stick to the 15 minute walk again today and has the same result as yesterday, ie a 2 point increase in headache that settled back to pre-activity level within an hour of completing the activity.

Day 6: Joe attempts the 20 minute walk again. His headache is 2 / 10 before he starts walking and increases to 4 / 10 as he walks but he is able to complete the 20 minutes without it getting worse than 4 /10 and it settles back to 2 /10 within an hour of him stopping the activity.

Day 7: Joe sticks to the 20 minute walk with the same result as on day 6.

Day 8: Joe decides to increase the intensity of his activity rather than the time, so this time he does a 20 minute walk but walks faster and further in the 20 minutes. Again his headache is 2/10 at the start of the walk, increases as he walks to 4/10 by the end of the 20 minutes and settles to 2/10 within an hour of completing his walk.

Sourced from ACC8319 Concussion Education Sheet

Recovery Phase - Example Cognitive Activity

Day 1: Joe has a headache that scores 2 /10, he spends 10 minutes reading and replying to emails. As he does this he notices that his headache is getting slightly worse. By the end of the 10 minutes his headache score is 4/ 10, and within an hour of completing his emails the headache has settled back to 2 /10

Day 2: Given yesterday's result Joe decides to attempt 15 minutes on his emails. His headache score is 2 / 10 before he logs on to his computer. Again he notices that his headache increases as he reads and replies to emails and by 13 minutes it has reached 5 / 10 so Joe logs off and rests for the remainder of the day. His headache returns to 2 /10 about an hour after he logs off his computer.

Day 3: Joe knows that the attempt to spend 15 minutes on his computer increased his headache by 3 points so he returns to the 10 minutes that he was able to do on day 1. His headache is 2 /10 when he logs on to his computer and 4 / 10 when he logs off after 10 minutes and settles back to 2 /10 within an hour of logging off.

Sourced from ACC8319 Concussion Education Sheet

Day 4: As yesterday went well Joe decides that he will attempt to be on the computer for 15 minutes today, his headache score is 2/10 when he logs on. This time he is able to complete the 15 minutes with his headache only increasing to 4/10 and it settles back to 2/10 within an hour of completing the activity.

Day 5: Joe decides to try increasing to 20 minutes on his computer reading and replying to emails. His headache is 2 / 10 before he logs on and increases to 4 / 10 as he is working but he is able to complete the 20 minutes without it getting worse than 4 /10 and it settles back to 2 /10 within an hour of him stopping the activity.

Day 6: Joe decides to attempt to do some more challenging work on the computer today something that requires a bit more concentration than emails. His headache is 1/10 when he logs on, it increases to 3/10 as he works but he is able to complete the 20 minutes and his headache returns to 1/10 within an hour of him logging off.

Sourced from ACC8319 Concussion Education Sheet

Return to Work or School

Graduated return to work/school using symptom score as a guide.
(**mild** less than 3 points and **brief** settles within an hour)

Work

- May need to work shorter hours and/or less days
- If less days don't work on consecutive days
- Work in morning and rest in afternoon
- Gradually increase hours and days using symptom score to guide return. (symptom increase mild and brief)
- Don't increase hours and days at same time.
- Take regular breaks
- Plan and Pace work tasks
- Can tasks be adapted to reduce work load?
- Minimise disruptions and distractions
- Can use headphones to reduce distractions.
- Consider how you will get to and from work, as driving will add to fatigue so need to factor this in.

School

- May need to start back on reduced hours and less days.
- Consider environment – can sick bay be used for rest period during day? Can student sit in a quiet room to work on assignments?
- Avoid collision activities in playground and during PE
- Ask for more time to complete assignments, delay tests/exams.
- Use symptom score to guide activities, gradually increasing activities and stopping if symptom score increases 3 or more points and/or lasts for more than an hour.

Headway
BRAIN INJURY | AUCKLAND

Sourced from ACC8319 Concussion Education Sheet

Rebuilding your Brains Energy

- Graded return to activities of daily living, work, study, sport, recreation guided by **symptom score.**
- Monitor how different activities affect your symptoms on a scale of 0-10, where

  0 = no symptoms, 10 = worst symptoms.

- Symptom increase should only be **mild** and **brief.**

  Mild - increase less than 3 points.
  Brief - symptoms return to pre-activity level within 1 hour of stopping activity.

- Begin by doing **cognitive** and **physical activities** for **10 -15 minutes** at a time.

- Note the score of any symptoms you have **before** starting the activity and monitor the score **throughout** the activity.

- Note how long it takes for the score to return to your pre activity score when you stop the activity.

Sourced from ACC8319 Concussion Education Sheet

Next steps

- If score **increases by 3 or more** points then **stop** the activity for that day.

+3 = 

- Next time you try the activity then reduce the time and/or intensity to keep symptom score increase mild and brief.

- If symptom score **increase is mild** (< 3) and **brief** (settles in 1 hour) then you can keep gradually increasing the time and intensity of the activity.

+ 1 or **2 =** 

Sourced from ACC8319 Concussion Education Sheet

Things you can do to help yourself recover

Sleeping:

Talk to your doctor if you notice changes in your sleep patterns that do not go away over the first few weeks post injury.

Driving:

Do not drive or operate machinery until your symptoms have settled and you are able to concentrate.

Work/Study:

Most people only need to take a few days off work/study and are back to their usual hours within two weeks. However this can vary depending on the type of work you do and the symptoms you are experiencing. You may need to return to work or study gradually and /or alter the way you work or complete assignments.

Your Doctor or Occupational Therapist can help you with this. Let your employer/teacher know if your symptoms are affecting your work/study.

Sourced from ACC8319 Concussion Education Sheet

Alcohol/Drugs:

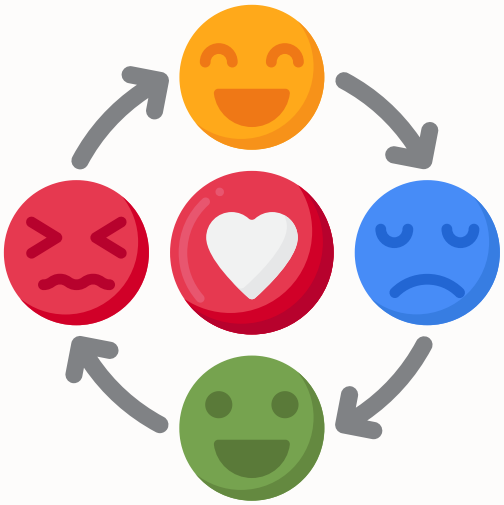
Do not drink alcohol or use recreational drugs until you have fully recovered. Talk to your doctor about any medication you are taking and how this may affect your recovery.

Sports/Lifestyle:

It can increase your symptoms and be dangerous to return to sports and physical activity before the brain has healed. "If in doubt sit it out" and talk with your Doctor or Physiotherapist about graduated return to physical activity/sport.

Relationships:

Sometimes relationships with family and friends are affected by your symptoms. You may experience mood swings or increased irritability. Talk with your Doctor or psychologist about this if you or your family are concerned.



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