

# CONCUSSION MANAGEMENT GUIDELINES

## 2 - 10 DAYS POST-INJURY

Between two to ten days after a concussion, continue with the following recommendations:

### REGULATE SLEEP

Individuals with a concussion should attempt to maintain their regular sleep schedule and ensure they are meeting minimum sleep requirement guidelines for their age.

### SUB-THRESHOLD PHYSICAL ACTIVITY

Begin light physical activities such as walking, doing household chores, etc. that do not worsen existing symptoms or cause new symptoms. Be cognizant of how you feel during these activities.

### SUB-THRESHOLD COGNITIVE ACTIVITY

Begin Return-to-Work or Return-to-Learn Strategies. Gradually introduce cognitive activity in short periods that do not worsen or cause new symptoms. Be cognizant of how you feel during these activities.

### SOCIAL INTERACTION

Maintain contact with supportive friends and family. Share your experiences and how you are feeling. Make it a story and not a memory that is only in your head!

### NUTRITION

Maintain a regular eating schedule with healthy foods. If nauseous or not hungry, try to supplement with nutritional supplements/shakes. The body needs nutrients to assist in the healing phases after injury. Avoid inflammatory foods such as fried foods, refined carbohydrates, processed meats and soft drinks.

### HYDRATION

Drink at least two litres of water per day. Dehydration can cause symptoms similar to a concussion.

### RECORD SYMPTOM JOURNAL

Document your sleep, nutritional intake, fluid intake and any changes in symptoms daily. Include what you were doing when the symptoms changed. If you noticed that certain symptoms came back when reading for 30 minutes, then try again the next day with a shorter timeframe and more frequent breaks. You can also include notes on how you are feeling and goals you'd like to accomplish. This can be useful information to share with your healthcare provider.