



December 2022
Newsletter

TAYLOR
PHYSICAL THERAPY

CONCUSSIONS

Taylor Physical Therapy employs numerous physical therapists and athletic trainers, trained in concussion management and return to play protocols. Even though concussions most often occur in the athletic population, anyone can sustain a concussion due to a fall, motor vehicle accident, or work-related injury.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache
- Confusion
- Blurring vision
- Sensitivity to light and/or noise
- Memory problems
- Balance problems
- Sleep disturbance
- Depression
- Fatigue
- Dizziness
- Ringing in the ears
- Neck pain
- Nausea/vomiting
- Difficulty concentrating
- Emotional/anxious/nervous behavior



If these symptoms are left untreated, they can have long-term consequences like post-concussion syndrome. There is also concern for second impact syndrome if you sustain a second hit before you are fully recovered. This is a life-threatening condition.



Taylor Physical Therapy

Waverly (319) 352-5644 • Nashua (641) 435-4476 • Parkersburg (319) 346-9783

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ASSESSMENT

With a concussion, multiple systems are impacted and need to be assessed/treated by a trained professional. These systems include:

- Balance
- Oculomotor (eye muscles)
- Memory and cognition
- Vestibular system
- Neuromuscular system



TREATMENT

There are several treatment options for those individuals who have sustained a concussion. Manual techniques may be performed on cervical muscles, as a whiplash-type injury can accompany a concussion. Vestibular and oculomotor retraining is necessary. Eye coordination, focus, reflexes, and accommodation are addressed during this type of treatment. Balance retraining may need to take place. Sometimes physiologic quieting (which addresses upregulation of your autonomic nervous system) is used to assist with sleep management and nausea. Many other treatment approaches may be necessary and will be Tailored specifically to your patients.

If your patients have suffered a concussion, consider the comprehensive treatment Taylor Physical Therapy can provide for you. You can contact any of our clinic locations in Waverly, Denver, Parkersburg, Nashua, and Sumner to assist you with your patients' recovery. Check out our website at taylorphysicaltherapy.com for more details.

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