

Returning to Daily Activities after

Mild Traumatic Brain Injury or Concussion

A mild traumatic brain injury (mTBI) is the result of the head being struck. This can be from a car crash, fall or blow to the head. Mild traumatic brain injury may also happen from a sudden jerking motion of the head, without the head actually hitting anything. While a brief loss of consciousness is common, it may not always occur.

- Avoid activities that increase chances of a repeat mTBI or concussion.
- Rest as needed if you are having symptoms:
 - Thinking symptoms may include:
 - Forgetfulness, having a hard time paying attention or decreased concentration
 - Having a hard time finding words
 - Repeating yourself or asking the same questions
 - Thinking or responding slowly
 - Mood changes, feeling something is “different” or “not feeling the same”
 - Physical symptoms may include:
 - Headache
 - Fatigue
 - Dizziness
 - Vision or hearing changes
 - Impaired balance
 - Problems sleeping
 - Nausea
- Stop or decrease things that make your symptoms worse.
 - Work or school tasks that require focus, attention or problem solving
 - Reading, computer or cell phone use, watching TV, video games
 - Loud or noisy places
- Returning to work or school:
 - When given the okay from your medical team.
 - May consider slow return as needed if still having symptoms.
 - Take breaks as needed.
 - Limit activities at work or school.

- Returning to driving:
 - Must not be having any symptoms.
 - If follow-up testing is recommended, please follow medical team directions about driving.

Use your symptoms as your guide to know how much activity you can tolerate. If your symptoms get worse, you need to slow down, rest and try again in a few days. Balance activities with rest until you are symptom free.