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## ***Post Concussive Syndrome (PCS)***

### **What is it?**

A Concussion is a mild type of “Traumatic Brain Injury”. A concussion can cause a variety of physical, cognitive, and emotional symptoms. Most people recover from a concussion within 7-10 days. However, a small percent of people have persistent symptoms lasting > 8 weeks, called “Post Concussive Syndrome”.

### **Treatment:**

PCS can be very challenging for patients to treatment. However, we have the best response with a multi-disciplinary approach.

- Light-moderate Exercise – below level of concussion symptoms aggravation
- Physiotherapy or Chiropractic
- Vestibulo-ocular rehabilitation (for vertigo or dizziness)
- Omega 3 Fish Oils, Vit B complex
- Good sleep hygiene is critical – Super Sleep (Costco) or Melatonin
- Avoid Tobacco, Alcohol or Illegal drugs
- Limit Caffeine
- Eat a healthy diet
- Sunglasses or baseball hat
- Prescription medicines (for headache, insomnia, difficulties concentrating, etc.)
- Limit screen time
- Reduce brightness on all screens of electronic devices
- Limit Tylenol, Advil and other analgesics
- *Mindshift* app for emotional symptoms
- Cognitive rehab: Zimad app, Sudoku, FitBrains Trainer, Trureach app
- May need to adjust school class schedule or take temporary break from school
- Formal counseling may be helpful