

Post-Concussion Syndrome Treatment Guidelines

Post-concussion syndrome (PCS) is a heterogeneous condition characterized by a range of symptoms across somatic, cognitive, and emotional domains (Dwyer & Katz, 2018). It is not a distinct diagnosis but rather describes patients who experience persistent symptoms following a concussion (Leddy et al., 2012).

While no single treatment cures PCS, various strategies can help manage the condition. In most cases, symptoms gradually improve over time.

Treatment guidelines

- The treatment for PCS is individualized based on each patient's specific symptoms. Often, simple reassurance is the primary approach (Evans et al., 1994).
- Most patients show improvement within three months. In the absence of targeted treatments, a symptomatic approach can be adopted by clinicians (Permenter & Sherman, 2020).
- Treatment should follow a structured, step-by-step approach to managing treatable symptoms that affect functioning, including depression, anxiety, insomnia, headaches, musculoskeletal pain, and vertigo (Dwyer & Katz, 2018).
- Physical and cognitive rest for the first 24 to 48 hours after the injury is recommended (Permenter & Sherman, 2020). However, there is limited evidence supporting the long-term benefits of such rest for advanced recovery (de Kruijk, 2002).
- Cognitive behavioral therapy (CBT) may be considered early after a mild traumatic brain injury, as it is well-tolerated and has the potential to facilitate recovery in patients at risk of developing chronic PCS (Silverberg et al., 2013). This therapy supports patients in regaining cognitive function and developing coping strategies to manage deficits, thereby promoting overall recovery (Concussion Legacy Foundation, n.d.).
- Patients should resume play or regular activities only when they are symptom-free at rest. It is critical to avoid the risk of a second concussion while still recovering from the initial injury. Research shows that patients who rested for two days versus five days returned to their baseline faster (Permenter & Sherman, 2020).
- Individuals with a history of concussion should undergo a comprehensive evaluation that includes tests for vergence, accommodative function, and eye movement. Vision therapy may be beneficial, as it has demonstrated successful or improved outcomes in the majority of cases where treatment was completed (Gallaway et al., 2017).
- Non-contact aerobic exercise may aid individuals experiencing prolonged recovery or PCS (Graham et al., 2014). As long as additional impacts are avoided during the window of vulnerability, exercise does not seem to negatively affect recovery in youth recovering from sports-related concussions (McCrea et al., 2009).
- Several medications and treatment strategies have been employed to manage post-traumatic headache syndromes, particularly in cases of PCS. These include:
 - **Amitriptyline**, a tricyclic antidepressant, has shown effectiveness in treating post-traumatic headaches by inhibiting serotonin and norepinephrine reuptake, which helps alleviate pain and improve sleep quality (Hurwitz et al., 2020).

Evaluation Of Concussion Post Concussion Syndrome

California (State).



Evaluation Of Concussion Post Concussion Syndrome:

Concussion Management for Primary Care Deepak S. Patel, 2025-05-10 Concussions remain a common problem for all ages and not just specific for athletes Recent scientific literature has expanded our understanding of concussions Therefore concussion guidelines and recommendations continue to evolve All health care professionals and clinicians are often challenged to keep up with these advances Written from the unique perspectives of a primary care physicians who also specialize in sports medicine and have extensive concussion clinical experience Concussion Management for Primary Care 2e serves as a valuable resource for physicians providers and any other clinician evaluating or treating patients with a possible concussion This fully revised and expanded second edition provides evidence based yet practical approach to diagnosing and treating concussions in children and adults Each chapter includes practical clinically based questions and explanations An updated literature search and clinical expertise is included in each section The chapters conclude with a key points section with quick and essential take home points All these features make this text an invaluable resource to anyone wanting to learn more about concussions

Concussion E-Book Blessen C. Eapen, David X. Cifu, 2019-08-09 This practical reference edited by Drs Blessen C Eapen and David X Cifu covers the full spectrum of assessment management and rehabilitation after concussion It includes best practices and considerations for numerous patient populations and their unique needs in an easy to read concise format Geared toward physiatrists neurologists primary care physicians and rehabilitation professionals this book provides the key information you need to guide your treatment plans and help patients recover after concussion Consolidates the most current information and guidance in this challenging and diverse area into one convenient resource Covers acute management of concussions diagnostic criteria neuroimaging biomarkers chronic traumatic encephalopathy and return to play school and duty protocols Discusses special populations including pediatrics sports military and veteran patients Covers post concussive syndrome and its management of sequelae after concussion

Orthopedic Physical Assessment - E-Book David J. Magee, Robert C. Manske, 2020-12-11 Selected for Doody's Core Titles 2024 with Essential Purchase designation in Sports Medicine Build your skills in the assessment of musculoskeletal pathology Orthopedic Physical Assessment 7th Edition covers the principles of assessment for all of the body's structures and joints including topics such as gait posture the head and face amputees primary care and sports emergencies The 7th edition offers additional functional assessment forms e tools updated evidence based reliability and validity tables and hundreds of video clips included with print purchase demonstrating special tests on how to perform musculoskeletal assessment Written by noted PT educators David J Magee and Robert C Manske this reference uses a systematic evidence based approach to prepare you for success in clinicals board exams and in rehabilitation practice Over 2 500 full color illustrations and photographs depict key concepts along with assessment techniques and special tests At a glance icons show the clinical utility of special tests supplemented by updated evidence based reliability and validity tables for tests and techniques Quick

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Pediatric and Adolescent Concussion Jennifer Niskala Apps, Kevin D. Walter, 2011-12-14 Between the growing numbers of children and adolescents playing sports and the increased attention to head injuries by the larger sports community and the general public pediatric concussions are emerging as a major concern And as practitioners are seeing more young clients with head injuries questions arise about age appropriate assessment diagnosis treatment and return to activity Pediatric and Adolescent Concussion Diagnosis Management and Outcomes offers evidence based guidelines where few previously existed This comprehensive volume clearly explains the effects of traumatic injury on the developing brain in sports and non sports related contexts and establishes a framework for immediate and long term management especially the crucial first 24 hours Chapters provide a basic grounding in its subject with a history of concussion as a medical entity and a review of definitional and classification issues take the reader through the steps of a neuropsychological evaluation pinpoint post injury issues and offer strategies for the prevention of further or future injury Pediatric and Adolescent Concussion Diagnosis Management and Outcomes serves as both educational resource and practical framework for a wide array of professionals including neuropsychologists sports medicine physicians child psychologists and psychiatrists pediatric and family physicians athletic trainers social workers and educators

Orthopedic Physical Assessment, 7e, South Asia Edition-E-Book David J. Magee, 2021-04-26 Build your skills in the assessment of musculoskeletal pathology Orthopedic Physical Assessment 7th Edition covers the principles of assessment for all of the body's structures and joints including topics such as gait posture the head and face amputees primary care and sports emergencies The 7th edition offers updated evidence based reliability and validity tables Written by noted PT educators David J Magee and Robert C Manske this reference uses a systematic evidence

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Assessment in Applied Sport Psychology Taylor, Jim, 2017-09-08 Assessment in Applied Sport Psychology is a comprehensive resource that will help practitioners gain a deep understanding of assessment in order to build trusting relationships and effective intervention plans that address the needs and goals of their clients

The Post Concussion Symptom Scale May Exhibit A Ceiling Effect in Women with Post Concussion Syndrome: A Case Series Donald L. Hoover, 2017 The Post Concussion Symptom Scale May Exhibit A Ceiling Effect in Women with Post Concussion Syndrome A Case Series Abstract Background Post Concussion Syndrome PCS is widely defined as the presentation of persistent signs and symptoms 1 month or more after a concussive event and it is characterized as exhibiting 3 or more of the following signs or symptoms dizziness fatigue irritability poor concentration memory limitations headache and insomnia PCS can be life altering and adversely affect independence in functional activities of daily living work and caregiver abilities PCS is reported to affect more women than men One of the outcome tools that has shown validity in individuals with PCS is the post concussion symptoms scale PCSS PCSS is a self reported scale and helps to establish a base of PCS for individuals in the outpatient setting However limited research exists on the efficacy of the PCSS populations of adults with PCS who are non military non athletes This case series describes 7 women who were diagnosed with PCS and the integration of the PCSS within their rehabilitation in an outpatient physical therapy setting Case description The PCSS was administered in the outpatient setting to 7 women patients diagnosed with PCS At the time of initial evaluation each had primary complaints of unstable gait none were able to tolerate vestibulo oculomotor testing at initial evaluation and all had abnormal Modified Clinical Test of Sensory Interaction on Balance mCTSIB testing During physical therapy each received detailed screening of the neurologic system as well as

individualized treatment including canalith repositioning techniques therapeutic exercise and oculomotor training and cognitive behavior therapy as individually indicated Outcomes The initial PCSS scores for this group were suspected to have a ceiling effect suggesting that this instrument may lack sensitivity and specificity for non military non athlete samples such as the present one Nonetheless 6 of 7 women in this case series had improved scores on the PCSS over the course of her rehabilitation Average improvements of 21 3 points from initial evaluation to discharge were recorded Each patient in this case series noted having positive gains with gait stability ranging from self reported 30% to 100% improvement Of the 3 who were not working at initial evaluation all returned to work in a functional capacity 2 returned fully 1 returned with restriction due to awaiting a shoulder surgery Discussion Outcome tools for adults with PCS who are neither military nor athletes need to be further investigated The present case series suggests the PCSS lacks sensitivity and specificity for this population prompting questions regarding issues such as minimal detectable difference and other variables helpful in clinical screening and decisions regarding discharge to previous activity levels Future study on the PCSS or other instruments in non military non athlete adults with PCS would be valuable helping perhaps to both establish normative data and link clinically significant change to functional improvement 1 tKashluba S Casey J Paniak C 2006 Evaluating the utility of ICD 10 diagnostic criteria for postconcussion syndrome following mild traumatic brain injury Journal of the International Neuropsychological Society 12 1 111 118 doi 10 1017 S13556177060600362 tTerry DP Iverson GL Panenka W Colantonio A Silverberg ND Workplace and non workplace mild traumatic brain injuries in an outpatient clinic sample A case control study de Castro F ed PLoS ONE 2018 13 6 e0198128 doi 10 1371 journal.pone.0198128 3 tChu SY Tsai YH Xiao SH Huang SJ Yang CC Quality of return to work in patients with mild traumatic brain injury a prospective investigation of associations among post concussion symptoms neuropsychological functions working status and stability Brain Inj 2017 31 12 1674 1682 doi 10 1080 02699052.2017.1332783 Epub 2017 Sep 5 4 tBazarian JJ Wong T Harris M Leahey N Mookerjee S Dombovy M Epidemiology and predictors of post concussive syndrome after minor head injury in an emergency population Brain Inj 13 173u2013189 19995 tChen J Johnston KM Collie A McCrory P Ptito A A validation of the post concussion symptom scale in the assessment of complex concussion using cognitive testing and functional MRI Journal of Neurology Neurosurgery and Psychiatry 2007 78 11 1231 1238 doi 10 1136 jnnp.2006.110395 https www.ncbi.nlm.nih.gov/pmc/articles/PMC2117618 6 tGardner RC Dams O Connor K Morrissey MR Manley GT Geriatric Traumatic Brain Injury Epidemiology Outcomes Knowledge Gaps and Future Directions J Neurotrauma 2018 Feb 15 35 889u2013906 Epub 2018 Feb 15

Concussion Management for Primary Care Deepak S. Patel,2020-03-20 Concussions are increasing in incidence each year and each state has a law on management of concussions in children These factors strengthen the need for primary care providers to be well versed in the evaluation and management of them This text provides primary care physicians and clinicians with an evidence based yet practical approach to diagnosing and treating concussions in children and adults The book begins with a general overview of

concussions It then goes on to identify risks signs and symptoms of concussions Next physicians and providers learn when and how to perform appropriate physical exams for suspected concussions The following chapters focus on finding the correct type of testing to perform in suspected concussions The testing options addressed include diagnostic neurocognitive and imaging Return to learn and return to play recommendations are then discussed to ensure that providers are able to properly educate patients on them The book concludes by explaining post concussion syndrome and identifying methods to prevent concussions and complications in the future Each chapter presents a specific case along with 3 5 followup questions as well as a summary of key concepts Written from the unique perspective of a primary care physician who also specializes in sports medicine and concussions Concussion Management for Primary Care is a first of its kind book that serves as a valuable resource for primary care physicians sports medicine physicians and any other clinician treating patients suffering from a possible concussion

Physical Rehabilitation Susan B O'Sullivan, Thomas J Schmitz, George Fulk, 2019-01-25 Rely on this comprehensive curriculum spanning text and reference now and throughout your career You ll find everything you need to know about the rehabilitation management of adult patients from integrating basic surgical medical and therapeutic interventions to how to select the most appropriate evaluation procedures develop rehabilitation goals and implement a treatment plan Online you ll find narrated full color video clips of patients in treatment including the initial examination interventions and outcomes for a variety of the conditions commonly seen in rehabilitation settings

101+ Primary Care Case Studies Sampath Wijesinghe, 2024-12-10 Delivers real life primary care case studies from more than 50 physician assistants nurse practitioners and physicians With a focus on illustrating care that is both competent and compassionate this workbook style resource features 101 engrossing narrative case studies that demonstrate how best to diagnose treat and manage a patient based on the history of the illness a review of systems relevant patient history and physical exam findings Readers will find probing questions within each case to help them determine differential and most likely diagnoses diagnostic tests to order and appropriate patient management strategies using relevant references Each case study is organized to simulate the patient care journey from chief complaint to outcome The second edition not only updates cases to reflect newest guidelines and protocols but also features 25 brand new cases and expands the body systems addressed including Psych Mental Health Twenty five cases are available online to faculty for student assignment Covering conditions across all organ systems and the lifespan the workbook offers an authentic perspective on what to expect in the patient care environment It even includes information on pathophysiology and how to use ICD 10 codes in documentation Unique to the book is its emphasis on both the science and art of medicine by including personal insights into quality and compassionate care Serving a virtual clinical preceptor the workbook can be used independently or in a classroom setting It is accompanied by an online student supplement on Springer s Connect website providing answers and rationale to all questions real outcomes of the cases and personal insights from case contributors New to the second Edition Twenty five completely new

cases targeting the areas of Psych Mental Health Cardiovascular Neurology Rheumatology and Infectious Disease Twenty five additional online cases are available exclusively to faculty for student assignment Updates and revises all cases to reflect newest guidelines and protocols Key Features Uses a consistent case study design and critical thinking exercises to help students work step by step through patient scenarios Teaches clinical and bedside manner skills imperative for delivering quality care Covers patients across the lifespan Embedded in a humanistic approach to patient centered care Addresses patient education medical and legal concerns and interprofessional collaboration Includes online supplement with answers to case study questions and patient management insights from contributors Provides instructors with TOC accessible by chief complaint diagnosis patient population and organ system

Dutton's Orthopaedic: Examination, Evaluation and Intervention, Fifth Edition Mark Dutton,2020-01-05 The 1 orthopaedic evidence based textbook and reference guide A Doody s Core Title for 2021 Dutton s Orthopaedic Examination Evaluation and Intervention provides readers with a systematic logical approach to the examination and intervention of the orthopedic patient This comprehensive and up to date fifth edition strikes the perfect balance in its coverage of the continuum of care of an orthopaedic patient The content emphasizes the appropriate use of manual techniques and therapeutic exercise while outlining the correct applications of multiple adjuncts to the rehabilitative process The content reflects the consistent unified voice of a single author a prominent practicing therapist who delivers step by step guidance on the anatomy biomechanics examination and treatment of each joint and region This in depth coverage leads you logically through the systems review and differential diagnosis aided by decision making algorithms and features new coverage on balance pain assessment and concussions New videos on testing and method techniques are available on AccessPT This edition has an added 10 15 case studies as well as updated chapters to reflect the latest research and treatment techniques

Traumatic Brain Injury: Pathophysiology and neuropsychological evaluation Ralph M. Reitan,Deborah Wolfson,1986

Brain Injury Medicine, Third Edition Nathan D. Zasler,Douglas I. Katz,Ross D. Zafonte,2021-09-01 This updated textbook was much needed as there has been increased attention in recent years toward brain injuries The book provides updated guidelines and clinical practice recommendations that support the intended audience of trainees and current practitioners This update makes it the current standard text for any brain injury specialist Doody s Review Service 4 stars This revised and greatly expanded Third Edition of Brain Injury Medicine continues its reputation as the key core textbook in the field bringing together evidence based medicine and years of collective author clinical experience in a clear and comprehensive guide for brain injury professionals Universally praised as the gold standard text and go to clinical reference the book covers the entire continuum of care from early diagnosis and assessment through acute management rehabilitation associated medical and quality of life issues and functional outcomes With 12 new chapters and expanded coverage in key areas of pathobiology and neuro recovery special populations sport concussion disorders of consciousness neuropharmacology and more this state of the science resource promotes a multi disciplinary approach to a

complex condition with consideration of emerging topics and the latest clinical advances Written by over 200 experts from all involved disciplines the text runs the full gamut of practice of brain injury medicine including principles of public health and research biomechanics and neural recovery neuroimaging and neurodiagnostic testing sport and military prognosis and outcome acute care treatment of special populations neurologic and other medical complications post injury motor and musculoskeletal problems post trauma pain disorders cognitive and behavioral problems functional mobility neuropharmacology and alternative treatments community reentry and medicolegal and ethical issues Unique in its scope of topics relevant to professionals working with patients with brain injury this third edition offers the most complete and contemporary review of clinical practice standards in the field Key Features Thoroughly revised and updated Third Edition of the seminal reference on brain injury medicine Evidence based consideration of emerging topics with new chapters covering pathobiology biomarkers neurorehabilitation nursing neurodegenerative dementias anoxic hypoxic ischemic brain injury infectious causes of acquired brain injury neuropsychiatric assessment PTSD and capacity assessment Multi disciplinary authorship with leading experts from a wide range of specialties including but not limited to physiatry neurology psychiatry neurosurgery neuropsychology physical therapy occupational therapy speech language pathology and nursing New online chapters on survivorship family perspectives and resources for persons with brain injury and their caregivers Purchase includes digital access for use on most mobile devices or computers

Dutton's Orthopaedic: Examination, Evaluation and Intervention, Sixth Edition Mark Dutton, 2022-10-07 The 1 most trusted evidence based text in orthopaedic physical therapy A Doody's Core Title for 2024 2023 The definitive text for orthopedic students Dutton's Orthopaedic Examination Evaluation and Intervention delivers a logical systematic approach to hands on orthopedic treatment This new edition offers the perfect balance in its coverage of the continuum of care emphasizing the appropriate use of manual techniques and therapeutic exercise while outlining the correct applications of multiple adjuncts to the rehabilitative process Aided by decision making algorithms this comprehensive guide covers anatomy biomechanics examination and treatment of each joint and region and features Evidence based and written by a prominent practicing therapist this is an essential resource for physical therapy students and practitioners Features 1 200 photos and illustrations depict orthopaedic techniques NEW videos on testing and method techniques available on AccessPhysiotherapy NEW information on balance pain assessment gait and concussions Incorporates the APTA Practice Patterns to address certain dysfunctions California. Court of Appeal (1st Appellate District). Records and Briefs California (State)., Number of Exhibits 1

On-field Evaluation and Treatment of Common Athletic Injuries James Rheuben Andrews, William G. Clancy, James A. Whiteside, 1997 Organised according to anatomical region this pocket reference covers the evaluation and recommended treatment of on field injuries including information on immobilisation techniques taping and injections *Athletic Injury Assessment* James M. Booher, 2000 New edition of textbook for athletic trainers It provides the student with a concise review of anatomy and the

necessary background to relate the assessment process to athletic related trauma Annotation copyrighted by Book News Inc
Portland OR *Supreme Court* , **Dutton's Orthopaedic: Examination, Evaluation and Intervention Fourth Edition** Mark Dutton,2016-07-29 Updated edition of the 1 orthopaedic evidence based textbook and reference guide A Doody
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logical approach to the evaluation and intervention of the orthopedic patient In this comprehensive and up to date fourth
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adopted Also this edition has added 10 15 board review questions per chapter and has updated chapters to reflect the latest
research and treatment techniques *Sports-Related Concussion* Brian Sindelar,Julian E. Bailes,2017-11-22 This new
edition reflects the explosion of knowledge in basic science and clinical care for athletes with mild traumatic brain injury or
concussion Interest in management and methodology for making diagnoses and improving the clinical outcomes have
changed dramatically All U S states have laws dictating how sports concussion patients are cared for and require return to
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