

CONCUSSIONS are TREATABLE

... and EARLY treatment will actually SPEED UP recovery.

What is a Concussion?

A concussion is a type of **Traumatic Brain Injury** - or TBI - caused by a bump, blow, or jolt to the head or body. It can change the way a person

- thinks
- acts
- learns
- sleeps
- feels

-CDC.gov



Image: CDC

Concussions can be experienced in different ways.
Here are just **SOME** Concussion Symptoms:

- Headaches
- Dizziness
- Noises seem too loud
- Lights seem too bright
- Vision changes
- Sleep problems
- Head/neck pain
- Balance problems

When to Seek **Emergency Care**

Seek emergency care **IMMEDIATELY** if you see any of these **DANGER SIGNS**:

- nausea or vomiting
- one pupil larger than the other
- headache that does not go away
- seizures
- eyes fluttering
- body going stiff
- staring into space
- loss of consciousness, even brief
- disoriented/ confused
- hands shake
- tremors
- muscles get weak
- loss of muscle tone



Brain injuries can be very dangerous. All concussions should be taken seriously.

See Your Doctor

Concussions **ARE** treatable. In fact, treatment may help you get better **FASTER**.



Your doctor will be able to tell you if you have had a concussion. They may ask you some questions and do simple tests. All concussions are different.

Depending on your symptoms, they may treat you in their office. **They may refer you to a symptom-specific specialist, like a physical therapist, speech-language pathologist, eye doctor, neurologist or others.**

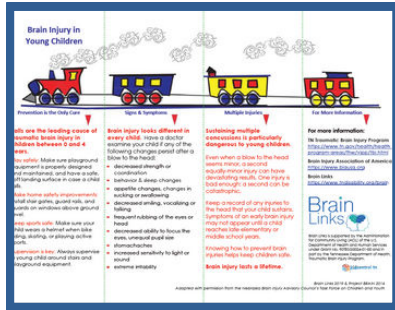
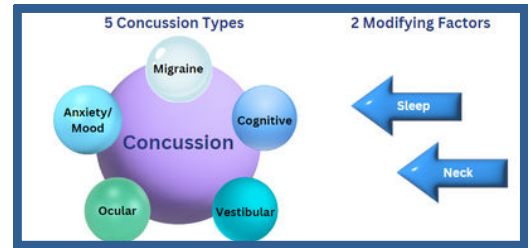
They can tell you the best way to return to school, work and your other activities, like sports and yardwork.

NOT getting treatment can slow down recovery and also lead you to feel anxious or depressed.

Concussion Resources

Understanding the 5 Types of Concussion & 2 Modifying Factors

<https://tndisability.org/resources/5-types-of-concussion-and-2-modifying-factors/>



Signs and Symptoms of Concussion

Different versions available for recognizing symptoms in:

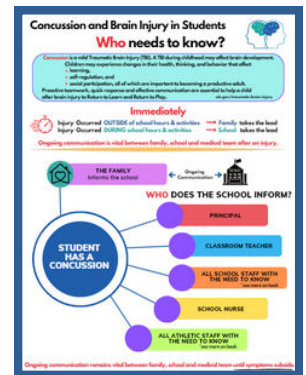
- Young Children
- School-Aged Children
- Adults
- People Who Communicate without Words

*Search under “[Signs & Symptoms](#)”

<https://tndisability.org/resources/brain-injury-in-young-children/>

Concussions and Brain Injury in Students: Who Needs to Know?

<https://tndisability.org/resources/concussion-and-brain-injury-in-students-who-needs-to-know/>



Supporting Brain Health

Important for everyone, not just those with brain injuries.

<https://tndisability.org/resources/brain-health-how-to-have-a-healthy-brain-throughout-life/>

Concussion Management Protocol

Stresses early treatment and ongoing monitoring

https://tndisability.org/wp-content/uploads/2026/09/Concussion-Management-Protocol-Recommendation-2-Visit-Minimum_rev-2026.pdf



Traumatic Brain Injury Toolkits for

- Healthcare Providers
- Survivors Families & Caregivers
- School Nurses
- Service Providers

<https://tndisability.org/programs/brain-injury/toolkits/>

