

# CONCUSSION CARE AND RECOVERY



Concussion is a treatable injury. Our mission is to improve the standard of Concussion Care in Newfoundland and Labrador.

## Signs & Symptoms of a Concussion:

**Vestibular:** dizziness, fuzzy headed, imbalance

**Physical:** headaches, neck pain, fatigue and nausea

**Visual:** blurry vision, light sensitivity, difficulty reading

**Emotional:** irritability, anxiousness, sadness

**Cognitive:** difficulty concentrating, poor memory

**Sleep:** insomnia, sleeping more or less than usual



Our Concussion Professionals  
Get You Back To Sport And Life

## Delivering the most experienced concussion care in Newfoundland and Labrador

### Our Concussion Care and Recovery Includes:

- Professionals with Advanced Knowledge of Concussion
- Evidence Based Care
- State of the Art Rehab Equipment
- Prevention Education
- Baseline Testing
- Multidisciplinary Concussion Assessment
- Concussion Recovery Programs:
  - ◆ Return to Learn: Learn how to support return to school
  - ◆ Return to Play: Learn how & when to return to sport
  - ◆ Return to Work: Learn how & when to return to work
  - ◆ Return to Life: Learn how to get back to normal activities



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