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Concussion Handout

Supplements you may want to start ASAP after your injury

Omega 3/fish oil – can help improve focus and concentration. Starting dose: 2grams (1200mg EPA DHA) – 3 grams (1800mg EPA DHA) daily

- Side effects: very uncommon, stomach upset

Vitamin B2/riboflavin – Headache prevention. Starting dose: 200-400mg daily

- Side effects: Orange colored urine

Magnesium – Headache prevention. Starting dose 500mg daily

- Side effects: diarrhea

Melatonin – improve sleep cycles/get better, more restful sleep. Starting dose 2.5-5mg about 1-2 hours before bed

- Side effects: nightmares

Tumeric/curcumin – helps with inflammation. See bottle for dosing

**** It is important to understand that although the above supplements are used in an effort to improve symptoms and recovery in concussion, the research on their efficacy, specific to concussion, has not been proven.***

**** Please consult your physician prior to starting any of the above medications.***

Sleep

Sleep is *critical* after a concussion.

- DO NOT wake your kids up every couple of hours during the night.
- Nighttime sleep is the best sleep for healing. Minimize naps to no more than 20-30 minutes
- Try to go to bed around the same time every night
- Have a wind down period for 30-60 minutes before bed where you are not stressing your brain
- When in bed – lights, phone and TV should be off. All of these keeps the brain working and prolongs getting into a restful sleep

Cognitive Activity

- Limited to no cognitive activity for the first 24-48 hours
- Often times schoolwork accommodations are needed. These are determined based on patient's symptoms and exam findings. This can range from extra time for assignments to not being able to attend school for a period of time. Notes will be provided at each visit with updated accommodations.
- Cognitive workload should be increased as tolerated. If symptoms improve in between visits, it is ok to do more. Slow progression is recommended to prevent setbacks
- You may find that certain days you can tolerate more or less activity than others. This is normal

Physical Activity

- Absolutely NO GYM OR SPORTS
- Do not start any new physical activity that is recommended by your doctor
- Light aerobic activity can be helpful in recovery. Within the first few days after the injury, start with a 10-15 walk daily. Stop if symptoms worsen. Gradually increase the time as symptoms allow. Stationary bike and elliptical are other good ways to get this exercise in

Sphenocath

- Innovative treatment for severe, persistent concussion headaches
- In office procedure that takes only a few minutes
- No long term side effects, safe in kids
- Covered by insurance
- Injection of lidocaine using a catheter (NO needles) inserted into the nose to block the sphenopalatine nerve ganglion which is hyperactive in many headache patients

Treatment Progression Guideline

- First 24-48 hours: no physical or cognitive activity
- After 48 hours: begin to slowly increase cognitive activities (school/work) with accommodations if needed. Start light walking as above.
- Once symptom free with daily activities, can start progressing physical activity **as directed by your doctor**

Return to Play protocol

- May begin when symptoms have resolved and performing regular daily activities, including work and school
- Supervised (by athletic trainer or physical therapist) exercise protocol of increased amount/intensity of physical activity over the course of different stages
- Goal is to ensure recovery from the injury, not just perceived recovery because of relative inactivity.
- Patient is typically cleared to resume gym and sports after completing these stages successfully

This handout is for information purposes only. Treatment plans are individualized