

ANTECEDENTS

What is a concussion?
Does not have to be a hit to the head; it is anything that jostles the brain and causes an immune-excitatory response

TRIGGERING EVENTS

Concussions can be the tipping point for illness to manifest (a root cause)
Concussions can turn on gene expression
Post Concussion Syndrome = PCS

MEDIATORS

+ Specific exercises and adjustments help drive neuroplasticity in the brain
- Light and noise (sensitivity often heightened with PCS)
- Velocity storage can lead to dizziness and imbalance



SLEEP/RELAXATION

Clinical Pearl: Need to have enough "down time" for healing; take a break every 5-60 minutes

EXERCISE/MOVEMENT

Targeted exercises for specific parts of brain that are impacted by the inflammation and that target neuroplasticity (rehab)

NUTRITION/HYDRATION

Address nutrient needs for brain health, healing as well as with an anti-inflammatory
+ good fats
+ DHA/EPA

STRESS/RESILIENCE

Honor the amount time it takes to heal; allow for integration and rest
Close eyes; massage eyeballs...

RELATIONSHIPS/NETWORKS