



**REHAB THERAPY CENTER**

Fanny Allen Campus  
790 College Parkway  
Colchester, VT, 05446

**HOURS**

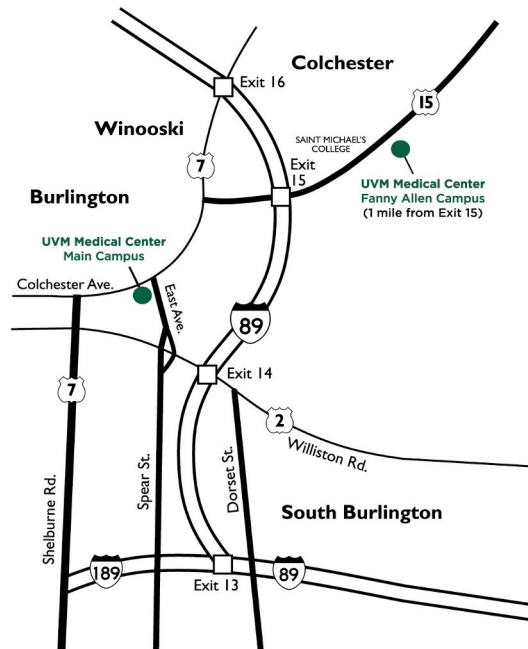
Monday – Friday  
7:30 am – 5:00 pm

**PHONE**

(802) 847-1902

**FAX**

(802) 847-6943



“I was gently guided to work through the obstacles that came with the injury and was confident that if I did my part, the therapists would do theirs. I faced the fears and the challenges blessed with a team that believed in me and the body's ability to heal.” - Mary Farley

**Concussion Rehabilitation**



UVMHealth.org/MedCenter



A concussion is a mild traumatic brain injury that may occur after a bump, blow, or jolt to the head or body. Impact to the head is not necessary for a concussion to occur. It may change the way the brain normally works. Most concussions do not result in loss of consciousness and are typically not life threatening. Most symptoms resolve in 1-4 weeks, but for some they may last longer. **If your symptoms last longer than 7-10 days, you may benefit from therapy services.**

#### **SYMPTOMS—**

- Physical: headache, dizziness, balance problems, nausea/vomiting, feeling tired or no energy, vision changes, sensitivity to light and/or noise, or sleep changes.
- Emotional: nervousness, anxiety, sadness, irritability, anger outbursts, or feeling more emotional than usual.
- Thinking skills: difficulty with attention or concentration, feeling slowed down, or difficulty remembering things.

#### **OCCUPATIONAL THERAPY (OT)**

OT will assess and help with:

- Thinking skills for activities of daily living
- Vision
- Performance and satisfaction with participation in every day life skills.
- Return to work and school related skills.

#### **PHYSICAL THERAPY (PT)**

PT will assess and help with:

- Dizziness and vertigo
- Balance problems
- Neck pain and headaches
- Readiness for return to work and play

#### **SPEECH-LANGUAGE PATHOLOGY (SLP)**

SLP will assess and help with:

- Language changes (understanding, talking, reading and writing)
- Social language
- Thinking skills for communication

#### **SEEK IMMEDIATE MEDICAL ATTENTION IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS:**

- Worsening headache that does not go away
- Weakness, numbness, or poor coordination
- Repeated nausea or vomiting
- Slurred speech
- Drowsiness or difficulty waking from sleep
- One pupil larger than the other
- Convulsions, seizures, or loss of consciousness
- Difficulty recognizing people or places
- Unusual behavior, confusion, restlessness, or agitation
- Double vision or visual changes

#### **WHAT CAN I DO NOW TO HELP MY SYMPTOMS?**

- Get plenty of rest including regular sleep at night and during the day as needed.
- Limit activities that require a lot of concentration or visual focus (such as using a computer or phone, reading, driving, etc.).
- Limit activities that are physically demanding (heavy house cleaning, weight lifting or working out)
- Avoid contact sports or activities until you are cleared by a medical provider because **another concussion could be more dangerous than the first one!**
- Minimize lights and sounds in your environment. Wear sunglasses and/or ear plugs.

#### **WHAT TO EXPECT / NEXT STEPS TO TAKE :**

- Make an appointment to talk to your doctor about what you are experiencing.
- Your doctor can refer you to therapy services to be further evaluated by each member of the team as appropriate (OT, PT, SLP).
- If more than one team member is involved, the team will work together to ensure the best possible outcome.
- Your therapy team will assess your need for other services which may be helpful in your recovery including: Rehab nurse, Psychologist or Psychiatry (rehab medicine doctor).