Tips to Speed Up Recovery

• Eat a well-balanced diet
• Maintain proper hydration
• Practice healthy sleep patterns
• Minimize exertion by avoiding activities that are physically or cognitively demanding
• Gradual return to normal daily activities
• Avoid head threatening activities that could lead to a second concussion (sports or high speed movements).
What Is A Concussion?
A concussion or a mild traumatic brain injury (TBI) is a temporary disruption in the function of the brain as a result from a forceful blow to the head, either direct or indirect.

Symptoms of a Concussion
• Appears dazed or stunned
• Confusion
• Slow processing
• Behavior or mood changes
• Nausea/vomiting
• Balance problems/dizziness
• Visual changes
• Headache
• Sensitivity to light or noise
• Fatigue

Early Detection and Treatment
If you think you or a family member has experienced a concussion, it is recommended that they be evaluated by a healthcare professional trained in the management of concussions.

Athletes with a concussion should never return to sports or recreation activities the day of the injury. The trained healthcare professional will assist the athlete through the stages of recovery and will assist in the safe return to school/work and play activities.

How Long Does It Take To Recover?
Most people recover fully from a concussion within 2-3 weeks but the exact length of time depends on many factors including severity of concussion, age, prior medical history, and how they take care of themselves after the injury.

Inova Loudoun Concussion Clinic
The Inova Loudoun Concussion Clinic uses a personalized, medical multi-disciplinary and collaborative team approach, coupled with advanced technology to assist individuals in recovery of a concussion.

Our multi-disciplinary team includes:
• Physician specialist medical directors
• Medical providers trained in concussion
• Physical Therapists with specialty training and certification in:
  - Balance and Vestibular dysfunction
  - Orthopedic Injuries
  - Neuro Rehabilitation
  - Certified Brain Injury Specialists (CBIS)
  - ImPACT Trained PT (ITPT) Certified Specialists
• Speech/Language Pathologists with specialties in:
  - Cognitive Rehabilitation
• Certified Athletic Trainers

As area’s experts, Inova Loudoun Concussion Clinic is the trusted resource for:
• Early identification through community education
• Complimentary parent / athlete education sessions by a concussion specialist
• Complimentary Coaches Training on Diagnosis and Management by a Concussion Specialist
• Group Baseline Testing Discounts for Teams - in clinic or at your facility

Contact Us:
For more information or to schedule an appointment, call 703.858.6699.