

# Persisting Post-Concussion Symptoms



**Connectivity**  
Traumatic Brain Injury Australia

# What is Concussion?

Concussion is a brain injury that can occur when a person gets a hit to the head, face, neck, or upper body.

When a concussion happens, the brain moves within the skull. This can cause damage and affect how the brain works.

A person who has had a concussion can feel sick, or they may notice changes in how they think, feel and even sleep.

Most people fully recover from concussion in a few weeks. However, concussion symptoms can trouble some people for a long time after their injury.

When a person experiences concussion symptoms beyond the normal recovery time of four weeks, they might have Persistent Post-Concussion Symptoms (PPCS).

PPCS can be hard to spot. Sometimes, people do not realise that they are experiencing PPCS until they return to normal daily activities, such as school, work/study, or sport.

Returning to activities slowly and in a step-by-step (graded) manner can help with concussion recovery and managing ongoing symptoms.

It is important to remember that everyone's concussion recovery is different. The time it takes to recover from a concussion can be different from person to person, even if they have had a concussion before.



When the brain moves within the skull it can cause a concussion.



Concussion can make people feel unwell.



If it takes longer than 4 weeks to recover a person may have PPCS.

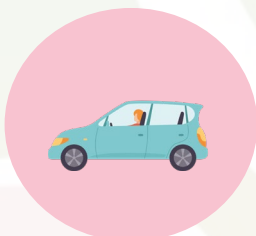


People may not realise they have PPCS until they try to return to activity.

# Consider the following to help get yourself better



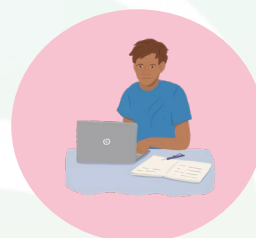
Talk to a doctor or your local AMS if you're not sleeping properly.



Do not drive or operate heavy machinery until the doctor says it's ok.



Do not drink grog, smoke yarndi, or use other drugs until you have fully recovered. These can make your concussion symptoms worse. Talk to a doctor or your local AMS about any other medications that you may be taking.



You may need to take time off work or study until your concentration improves. See a doctor if your symptoms are causing you problems with work or study.



Returning to sport and other physical activities should be taken slowly, without making you feel worse.



Concussion symptoms may affect your relationships with family and friends. Yarn with someone if you are feeling proper sad, nervous or are going off at family or friends.

**See a doctor if you have ongoing symptoms. They will check your symptoms and let you know if you should get more help.**

**Regular check-ups with a doctor or your local AMS can help to manage your concussion recovery and progress.**

# Health professionals who may help you

A range of healthcare professionals may help you feel better from PPCS.

Who you see will depend on the symptoms you have.

A doctor or your local AMS can help you work out who you need to see.

## Examples of healthcare professionals who may be helpful after concussion:

### Doctor/General Practitioner (GP)

A doctor/GP are doctors qualified in general medical practice. A doctor/GP can be seen for treatment of symptoms immediately after a concussion and may also help to manage recovery.



#### A doctor may provide:

- Immediate medical care following concussion injury
- Management of persistent post-concussion symptoms
- Referrals to medical specialists and allied health professionals

### Physiotherapist

Physiotherapists treat injuries such as headaches, neck pain and help manage health conditions that affect a person's ability to move.



#### A physiotherapist may treat symptoms including:

- Headache
- Dizziness
- Neck pain or stiffness
- Balance problems

### Occupational Therapist

Occupational Therapists (OTs) specialise in rehabilitation.



#### Following a concussion an Occupational Therapist can:

- Help with memory problems and recommend ways to adapt the home
- Help to improve difficulties with activities of daily living

## Psychologist

Psychologists help manage mental challenges including behavioural, emotional and understanding issues.



**A psychologist may provide treatment for the following symptoms:**

- Depression
- Anxiety
- Irritability
- Relationship problems
- Difficulties with memory and concentration

## Sleep Specialist

Sleep Specialists specialise in treating sleep issues following concussion.



**A sleep specialist may provide treatment for the following symptoms:**

- Insomnia
- Tiredness or fatigue
- Trouble staying asleep

### DISCLAIMER

This flyer and the Connectivity website does not offer individual medical advice. If you have suffered a concussion seek medical advice.

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