

# Persistent Post-Concussion Symptoms

Concussion, also known as mild traumatic brain injury, is a **type of head injury** that can result from a forceful external impact to the head, neck, or body, which causes the brain to move within the skull. **Concussion can result in a range of signs and symptoms.**

## Persisting Symptoms

Most children, adolescents, and adults fully recover from concussion within 4 weeks of injury without needing any specific injury.

However, some people continue to experience ongoing concussion signs and symptoms longer than this timeframe. This is called

**Persistent Post-Concussion Symptoms (PPCS).** It may also be referred to as post concussion syndrome or persisting symptoms.

Sometimes people do not realise that they are experiencing PPCS until they resume their normal daily activities or go back to

participating in sport.

A graded return to activity can help manage concussion signs and symptoms, and aid the recovery process. This includes returning to activities for a short period of time and stopping if symptoms return or worsen.

### Consider the following to help yourself get better

Activity	Suggestion
<b>Sleeping</b>	Talk to your doctor if you notice changes to your normal sleeping patterns that do not go away.
<b>Driving</b>	Do not drive or operate machinery until you feel better and are able to concentrate. Talk to your doctor for advice.
<b>Alcohol/other drugs</b>	Do not drink alcohol or use recreational drugs until you have fully recovered. These can make your symptoms worse. Talk to your doctor about other medications that you may be taking.
<b>Work/study</b>	You may need to take time off work or study until your concentration improves. How much time you need to take from work or study will depend on the type of activity. See your doctor and let your employer or teacher know if your symptoms are causing you problems with work or study. You may need to return to work and/or study gradually and/or adjust work/study arrangements.
<b>Sports/physical activity</b>	Return to sport and recreational activities should be gradual, following a step-by-step process. The goal of a graded return is to slightly increase the duration/intensity of physical activity as you progress through each stage. This should occur without triggering symptoms or making them worse. If symptoms do worsen, return to the previous stage in recovery. You may need to do this more than once over the course of your recovery process.
<b>Relationships</b>	Sometimes your symptoms may affect your relationships with family and friends. You may experience irritability and/or mood swings. See your doctor if you or your family are concerned.

See your doctor if you are experiencing ongoing symptoms. They will assess your symptoms and may refer you to one of a range of healthcare specialists for further support. Regular check-ups with your GP or other healthcare professionals can help to monitor your concussion recovery progress.



# Healthcare professionals who may assist recovery

There are a number of healthcare professionals that may be able to assist your recovery from PPCS. Which healthcare professional you see will depend on the symptoms you are experiencing. Some healthcare professionals can be contacted directly while others will require you to get a referral from your doctor first.

## Examples of healthcare professionals who may be helpful post-concussion

Symptoms	Healthcare Professional
<ul style="list-style-type: none"><li>• Immediate medical care following concussion injury</li><li>• Management of persistent post-concussion symptoms</li><li>• Referrals to medical specialists and allied health professionals</li></ul>	General Practitioner (GP)
<ul style="list-style-type: none"><li>• Headache</li><li>• Dizziness</li><li>• Neck pain or stiffness</li><li>• Balance problems</li></ul>	Physiotherapist Musculoskeletal physiotherapists Vestibular physiotherapist
<ul style="list-style-type: none"><li>• Difficulties with activities of daily living</li></ul>	Occupational Therapist
<ul style="list-style-type: none"><li>• Depression</li><li>• Anxiety</li><li>• Irritability</li><li>• Relationship problems</li></ul>	Clinical Psychologist Counsellor
<ul style="list-style-type: none"><li>• Difficulties with memory and concentration</li></ul>	Neuropsychologist
<ul style="list-style-type: none"><li>• Insomnia</li><li>• Tiredness or fatigue</li><li>• Trouble staying asleep</li></ul>	Sleep Specialist
<ul style="list-style-type: none"><li>• Concussion symptoms</li><li>• Persistent post-concussion symptoms</li><li>• Other injuries</li></ul>	Sports Medicine Specialist
<ul style="list-style-type: none"><li>• Persistent headaches and other neurological symptoms</li></ul>	Neurologist

Follow the QR code to learn more about these healthcare professionals on the Connectivity website.



## More information

Connectivity Traumatic Brain Injury Australia is an Australia-wide not-for-profit organisation working to educate and raise awareness of concussion and traumatic brain injury in the community. For more information on PPCS, you can speak to your doctor, healthcare professional, or visit the Connectivity website at [www.connectivity.org.au](http://www.connectivity.org.au)

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



**Connectivity**  
Traumatic Brain Injury Australia

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