

# CONCUSSION PHYSIOTHERAPY

[physica.com.au/concussion](https://physica.com.au/concussion)

The team at Physica are able to offer concussion assessments, return to sport certification, concussion rehabilitation and concussion education to your sports club.

## Visual cues of a concussion:


- ▶ A dazed or vacant look
- ▶ Lying motionless on the ground/ slow to get up
- ▶ Unsteady on feet/balance problems or falling over / incoordination
- ▶ Loss of consciousness or responsiveness
- ▶ Confused / not aware of plays or events
- ▶ Seizure /fits
- ▶ More emotional/irritable than normal
- ▶ Grabbing or clutching their head

## Symptoms of concussion:

- ▶ Headache
- ▶ Dizziness
- ▶ Mental clouding, confusion or feeling slowed down
- ▶ Visual problems
- ▶ Nausea or vomiting
- ▶ Fatigue/ Drowsiness
- ▶ "Pressure in head"
- ▶ Sensitivity to light or noise



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