



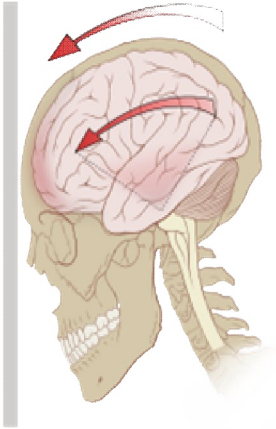
# The Physical Therapy Specialty Center

*A Division of Primary Care Partners*

*Call for an Appointment Today – 970-241-5856*

## **Mild Traumatic Brain Injury/Concussion**

Physical Therapy can help you recover!



A concussion is a type of a mild traumatic brain injury (mTBI). It is caused by a blow to the head, fall or any trauma which jars the brain inside the skull. There may or may not be a loss of consciousness. Some of the most common causes of mTBI include car accidents, sport injury, falls, objects falling onto the head. Concussions do not typically show up on an MRI/CT scans. Primary treatment includes complete rest (limiting physical: exercise/sport and cognitive tasks: phone, texting, t.v., school/work) and 80-90% of people recover without intervention.

### FACTS:

- 1.7 million people sustain a TBI each year
- 75% of TBI's are concussions or forms of mTBI
- 1.6-3.6 million sport concussions per year

### SYMPTOMS OF A CONCUSSION:

- Headache/pressure in the head
- Dizziness/vertigo, nausea/vomiting
- Balance issues
- Double or blurred vision, sensitivity to light/noise
- Concentration or memory problems
- Sleep disturbance

### HOW WILL THERAPY HELP?

A specially trained PT will perform a comprehensive evaluation. This includes a balance vestibular evaluation as well as a skeletal and muscle evaluation. All of these systems can contribute to your concussion symptoms. Personalized exercises are then given to address the areas of need and help speed your recovery.

**Let us help you get back!  
Call us today at 970-241-5856**