



**CONCUSSION**  
— NERDS —

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MYTHS SQUASHED

As you begin on your concussion recovery we'd like to take a moment to squash some old concussion myths. This field is rapidly evolving and because of that we find that some of these outdated pieces of advice are still circulating today.

Let's break it down ~ and if you have any questions please speak to your provider.

CONCUSSION MYTHS / OUTDATED INFORMATION

- Rest is best

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- Stay in a dark room until symptoms go away

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- All you can do is wait / It just takes time

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- Wake someone with an acute concussion every 2 hours

NEW, UPDATED INFORMATION

- Rest is required for the first 24-48 hours and then re-introduction of activity coupled with a sub-threshold aerobic program is required

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- This can, in fact, make things worse. Staying in a dark room decreases all sensory input to the brain and over a prolonged period of time is not beneficial to healing

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- Yes, recovery and healing take time. However, connecting with a knowledgeable provider to guide you appropriately and begin active rehabilitation sooner will increase your speed of recovery

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- A concussion can evolve over a period of 4-6 hours. You do not want to let someone sleep for the initial 4 hours after a concussion so you can monitor for worsening symptoms, decreasing consciousness, speech (red flags). After that initial window sleep is important for recovery - so in those first few days... let them sleep.

CONCUSSION MYTHS / OUTDATED INFORMATION

A treadmill test should not be conducted unless you remain symptomatic at 3 weeks

Concussion symptoms are permanent

Recovery is complete / "you're as good as you're going to get" at [insert time frame]

You need to push through your symptoms

Once symptoms settle your brain has recovered

New research shows that the Buffalo Concussion Treadmill test can be completed in the first week to help identify appropriate exercise intensities for recovery

Incorrect

Our brain is plastic and healing can happen over a lifetime

Pushing through your symptoms will not help you in recovery, instead when you begin to feel symptoms elevate or feel overwhelmed take short breaks before continuing

Symptom resolution is a fabulous step - however we know in the acute phase that symptoms can resolve in 7-10 days but the brain continues to heal for up to 30 days

NEW, UPDATED INFORMATION