

# 5 Effective Treatment Options.

Therapeutic interventions can help to support concussion recovery.



## Symptom Threshold Exercise Concussion Treatments.

Specific exercise protocols been proven to be effective in improving function of the autonomic nervous system and reducing concussion symptoms.



## Neck & Whiplash Rehab.

Headaches, balance and visual issues, dizziness, and blood flow abnormalities are symptoms of both concussion and neck injuries (whiplash), which can be treated with manual therapy and specific exercises.



## Diet & Nutritional Intervention.

Your brain is heavily connected to your gut (Gut-Brain Axis). In as little as 2-3 hours after concussion changes in your digestive system start to occur. Eating the wrong diet can exacerbate your symptoms and increase inflammation in the brain. Eating the right diet can reverse this!



## Vestibular & Visual Rehabilitation.

An individualized balance and visual rehabilitation program may help to reduce symptoms such as dizziness, visual abnormalities, concentration issues and memory problems.



## Patient Education.

Knowledge is power. Understanding your symptoms and what is driving them is the key to successful recovery.

## Download Our App!



Download our Concussion Tracker app or visit your mobile app store. If you have further questions regarding setup on the Concussion Tracker App please refer to our extensive **App Help** section on our website for step-by-step instructions on everything from creating teams and adding players, to how to report injuries, how to upload medical clearance letters and more.

## Connect With Us!

