



PHYSICAL OR MOVEMENT PROBLEMS

If you are having physical problems and/or post-concussion symptoms, a rehabilitation physician can help. They can coordinate a multi-disciplinary outpatient treatment program that is right for you.

MEMORY, DEPRESSION, OR THINKING PROBLEMS

A neuropsychologist can help by conducting a complete evaluation of thinking. They can recommend strategies for coping with anxiety or depression, or changes in thinking skills.

If you experience difficulty with memory, concentration, or problem solving skills that are negatively impacting your life, you may benefit from speech therapy. Contact your doctor for a prescription for Speech Pathology Services.

McLAREN OAKLAND CAN HELP!

McLaren Oakland has a team of professionals to help. We have outpatient Physical Therapy, Occupational Therapy & Speech Language Pathology Services. Speak with your doctor for a prescription then contact McLaren Oakland Physical Medicine and Rehabilitation **(248) 338-5344** to schedule an appointment or ask any questions.



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PHYSICAL
MEDICINE AND
REHABILITATION
WHAT IS A CONCUSSION?



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WHAT IS A CONCUSSION?

A concussion is the most typical kind of traumatic brain injury. It is caused by a blow or jolt to the head or body that is strong enough to shake the brain inside the skull.

A concussion can occur without loss of consciousness or “blacking out”.

Common causes of a concussion are accidents such as falls, motor vehicle collisions, being hit by a car or other object, bicycle accidents, and sports injuries.

WHAT TO DO IF YOU SUSPECT A CONCUSSION

Call 911 if the person cannot be awakened or has a seizure, convulsions, or “fit”. See a doctor or go to an emergency room if any of the following occurred:

- Loss of consciousness /person “blacked out”
- Any of the other post-concussion signs and symptoms listed persist for more than 48 hours

If you are participating in an activity or sport - STOP!

Even if you have not experienced head trauma or a concussion, you may develop post-traumatic anxiety symptoms. These may include:

- Flashbacks of the event
- Nightmares
- Panic attacks, feelings of fear, terror, or alarm
- Feeling “on guard”
- Irritability
- Being startled more easily
- Reluctance to discuss the event(s), or not wanting to return to the scene of the event or talk about it
- Feeling vulnerable or unsafe

Having multiple concussions in a lifetime, even if years apart, can increase the likelihood and severity of symptoms. Even a seemingly minor second or third injury may lead to the need for therapy or other support from professionals

Concussions are complicated and may present with various symptoms.

PHYSICAL

- Changes in taste or smell
- Clumsy movements or staggering
- Dizziness
- Ringing in the ears
- Double vision
- Fatigue, or feeling “groggy” or “sluggish”
- Headache
- Loss of consciousness or “blackout”
- Loss of balance
- Nausea and/or vomiting
- Sensitivity to light and sound
- Changes in sleep pattern

COGNITIVE

- Concentration problems
- Confusion
- Impaired short term or long term memory
- Repeating the same questions over and over
- Slowed thinking
- Difficulty with complex tasks (balancing a checkbook, giving directions)

EMOTIONAL/MOOD

- Irritability/Impatience
- Decreased tolerance to changes in temperature
- Changes in personality/sense of humor