

Concussion symptoms

are often grouped into four categories, including:



PHYSICAL

Headaches, nausea,
balance, blurry vision,
lack of energy



MENTAL

Difficulty thinking clearly,
poor concentration, fatigue,
feeling slowed down



SLEEP

Difficulty falling asleep,
sleeping more or less
than usual



EMOTIONAL

Moodiness, anxiety,
irritability, sadness,
nervousness



 **BODY IN HEALTH
MOTION HAUORA**

www.bodyinmotion.co.nz

Email: concussion@bodyinmotion.co.nz

For any enquiries, please call Carmen Goodwin,
Community Rehabilitation Services Manager on
07 927 3330 or **027 788 8719**.

We cover the Bay of Plenty and Waikato

DO YOU HAVE A CONCUSSION?

 **BODY IN HEALTH
MOTION HAUORA**

Concussion Service



WHAT IS A CONCUSSION?

A concussion happens when your head hits another object or is rapidly shaken and causes your brain (inside the skull) to bounce around. This 'bouncing around' can cause bruising and swelling – the symptoms of which can be diagnosed as concussion. **Events such as contact sports, car accidents, assaults, and falls can result in a concussion.** It may also be described as a mild brain injury. Sometimes there is a small period of time when you lose consciousness, but not always. You may not recall the event or for a short time afterwards.

Concussion symptoms are not usually life-threatening but can be serious and affect your everyday activities in many ways. **Understanding the signs and symptoms can help you recover more quickly, and most symptoms disappear within a few days to a month.**

For some people, full recovery from symptoms can take 3-6 months and they benefit from specialist clinicians such as Occupational Therapists Physiotherapist, Medical Specialists and Psychologists.

The ACC Concussion Service is an interdisciplinary service consisting of triage, assessments and therapy to support people to recover from a mild to moderate traumatic brain injury and return to everyday life. The Concussion Service also aims to prevent long-term consequences by identifying people at risk of persisting symptoms and providing them with effective

interventions and education. Education is also provided to people to reduce the incidence of re-injury.

Body in Motion Health offers a full team of experienced clinicians who work as part of the ACC Concussion Service. Your GP can make referral directly to Body in Motion Health by sending it through Healthlink "bodyinmot" or emailing admin@bodyinmotion.co.nz

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Visit our website www.bodyinmotion.co.nz to meet our exceptional team.

