

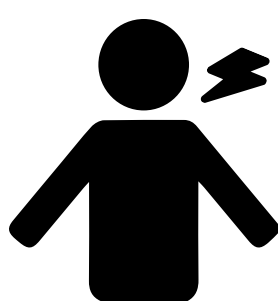


Therapeutic interventions can help to support concussion management and improve recovery



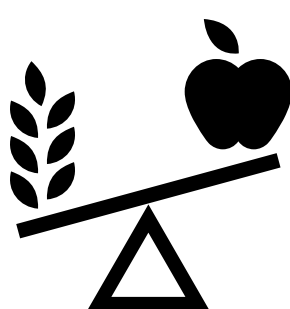
Exercise Therapy

Following symptom-limited rest, exercise therapy can help to resolve symptoms and improve blood flow.



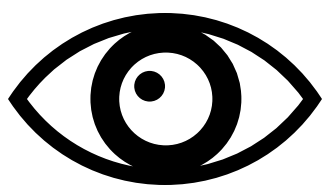
Manual Therapy

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.



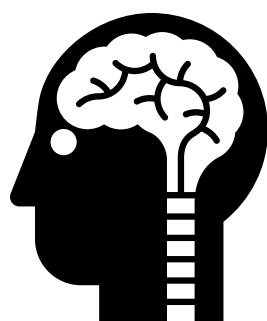
Diet & Nutritional Intervention

Avoiding pro-inflammatory foods (e.g., red meat, refined sugar) and replacing them with nutritious options (e.g., fruits, vegetables) may help to offset inflammation and reduce symptoms.



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.



Education & Reassurance

People with a history of depression or anxiety tend to have prolonged symptoms. Education and reassurance is an important part of concussion care.

Find a clinic near you to learn more

[COMPLETECONCUSSIONS.COM/FIND-A-CLINIC](https://completeconcussions.com/find-a-clinic)