

Ever Wonder If You Had A Concussion?



What Is A Concussion?

Concussions are an injury to the brain that is caused by the head hitting or being hit by an object which causes the head and brain to move quickly back and forth.

Common Factors:

It is popular to assume that if you experience a concussion that you will lose consciousness; that is not always true. It is actually common for people to not lose consciousness and that symptoms may not start right away and may possibly start days or weeks after the initial injury. A person who suffers from a concussion may not remember what happened immediately before or after the injury and may act very confused. Some patients have described seeing either all white, black, or even stars. A concussion can affect memory, judgment, reflexes, speech, balance, and muscle coordination.

Symptoms:

- Headaches and neck pain
- Vision disturbances
- Dizziness and confusion
- Nausea/vomiting
- Impaired balance
- Memory loss
- Ringing ears
- Difficulty concentrating
- Sensitivity to light
- Loss of smell or taste
- Slowed reaction time
- Feeling irritable and sluggish
- Trouble walking and/or sleeping
- Seizures
- Unequal pupils and unusual eye movements
- Difficulty thinking clearly and remembering new information
- More emotional than usual
- Sleeping more or less than usual

Younger Children:

- Crying more than usual
- Change in the way they play or act
- Change in the way they eat and sleep
- More temper tantrums
- Extreme sadness
- Lack of interest in usual activities and toys
- Loss of new skills
- Not able to pay attention

Treatment:

You should consult with a doctor if you or anyone you know is experiencing the above symptoms. Tests that are usually conducted are: physical exams, EEG, head CT scan, and a MRI of the brain. While recovering from a concussion a person may be: withdrawn from activities, easily upset or confused, have a hard time with tasks that require remembering information and concentrating, experience headaches, be less tolerant of noise and light, and may be very tired. It is best to avoid physical activities that may be sports related or even video games, and anything that involves hard thinking and concentrating. It is important to rest your body so the brain is allowed to heal.

You can contact us at *Appleton Chiropractic* if you have any more questions or are seeking a consultation! Call us today at (920) 731-0715. Located at 2425 W. Wisconsin Ave Appleton, WI 54914.

References:

American Association of Neurological Surgeons
<https://www.aans.org/Patient%20Information/Conditions%20and%20Treatments/Concussion.aspx>
<http://www.nlm.nih.gov/medlineplus/concussion.html>
Mayo Clinic <http://www.mayoclinic.org/diseases-conditions/concussion/basics/causes/con-20019272>
<http://www.webmd.com/brain/tc/traumatic-brain-injury-concussion-overview>