



The Concussion Categories

A concussion is a mild traumatic brain injury that can have a variety of symptoms. These are five subtypes of concussions with a different initial treatment recommendation for each one.



HEADACHE/MIGRAINE

Symptoms: Nausea, vomiting and sensitivity to light, sound or smell
Treatment: Headache management



VESTIBULAR

Symptoms: Dizziness, fogginess, light-headedness, nausea, vertigo and disequilibrium. Movement may exacerbate symptoms
Treatment: Balance & vestibular ocular training with a physical therapist

OCULAR-MOTO



Symptoms: Headache, eyestrain, difficulty with reading and screen time, trouble focusing, blurry or double vision, eye pain or pressure and difficulty judging distances
Treatment: Dynamic vision training with an optometrist

ANXIETY/MOOD



Symptoms: Nervousness, emotionally feeling overwhelmed, sadness, irritability, fatigue and feelings of hopelessness. A history of anxiety or migraine may predispose someone to this type of concussion, as may concurrent stressful events
Treatment: Counseling, including cognitive-behavioral therapies



COGNITIVE

Symptoms: Attention issues, impaired reaction time and problems with memory
Treatment: Neuro-psychological assessment and follow up