

**Feeling Fragmented?**

# Post Concussion

## Self Care Guide

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# Welcome!



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**Certified Athletic Therapist**



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**Osteopathic Manual Therapist**

As health care practitioners specializing in concussion care, we've created this guide to help you navigate your recovery. While each concussion is unique, there are proven approaches that can support your healing process.

A concussion is a temporary brain injury that affects function. With proper care, most people recover completely. This guide provides evidence-based information to support your recovery.

*Best regards,*

Jenna and Brynn

# HOW TO USE THIS GUIDE

This resource follows your recovery timeline - from the first days after diagnosis to your return to daily activities. Read the Immediate Steps section right away, then refer to other sections as needed.

Key features include:

- Do's and Don'ts
- Warning signs requiring medical attention
- Exercises and Videos for quicker recovery
- Quick nutrition guide
- Bonus journey entry
- Do you need more options or support?

Share this guide with family, coaches, teachers, or employers supporting your recovery.



Medical Disclaimer

This guide provides general information but cannot replace professional medical advice. If symptoms worsen significantly, seek emergency medical care immediately.

# Immediate Steps

1. See a Medical Doctor for a Diagnosis
2. Review red flags or warning signs
    a. Excessive vomiting
    b. Severe headache that is worsening
    c. Loss of consciousness or
    d. Increased disorientation
    e. Behaviour changes
    f. Double vision/seizures
3. Know the do's and don'ts
4. Rest and Hydrate

## *Questions?*

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# DO'S



## *REST AND SLEEP*

When we sleep our body's healing comes into effect, rest is encourraged to give the brain a break.



## *DRINK WATER*

Hydration is important for our lymph system where inflammation and waste products are removed from the tissues.



## *GO FOR WALKS*

Light Physical Activity, that does not aggravate symptoms has been shown to reduce recovery time.




## *BE MINDFUL OF WHAT YOU ARE EATING*

The body is overwhelmed, eating to reduce inflammation and improve immunity will help with recovery.

# DON'TS



## *USE SCREENS AS OFTEN*

Screens - Blue light can stress the already overwhelmed systems in the brain aggravating symptoms and delaying recovery. Many people use blue light glasses or amber light bulbs in their home to help ease the stress on the visual system.



## *RETURN TO SPORT/WORK RIGHT AWAY*

Do not return to sport/work/school until seeing a medical professional for clearance.



## *BE IN A DARK ROOM ALL DAY*

Hiding in a room all day is an older method of treatment, new methods promote movement to recovery.



## *AVOID LIFE/ACTIVITIES/FAMILY*

Being around loved ones and your support network promotes mental health and improves recovery.

# Helpful Exercises

click on image to access the video

## NECK RELEASE



Muscles in the neck may not release with stretching alone, stability has to return as well. the video will teach 2 patterns to build neck stability and remove tightness. These neck muscles can make symptoms worse or prevent them from resolving.

## JAW RELEASE



The jaw is connected to the axial vertebra (top of spine). Jaw tension can cause shifting of the spine and increase the symptoms of a concussion. removing the tension in the jaw will allow the spine to align and restore balance throughout the body.

# MIND-BODY CONNECTION W/ MEDITATION



Meditation serves as a powerful tool in concussion recovery by:

- strengthening the mind-body connection that is often disrupted after injury.
- focussing attention inward through mindful breathwork and body awareness.
- activating the parasympathetic nervous system which counteracts the ‘flight or fight’ response and neuroinflammation.
- promotes neuroplasticity essential for healing neural pathways.

This gentle approach honours the brain’s need for rest, creating an optimal environment where healing can progress

A common Pranayama or breathing exercise to start with is a 4-square box breath. Here are a few options we’ve chosen for you to try.

2 min with bell for breath cue - 4 square breath

3 min visual - 4 square breath

voice guided - 4 square breath

# *Top 4 Nutrition Recommendations*

## ANTIOXIDANT VITAMINS AND MINERALS

Think about eating the colours of the rainbow!

### VITAMIN E

- wheat germ oil
- almond oil
- walnut oil
- olive oil
- sunflower oil
- coconut oil
- butter
- eggs
- raw nuts and seeds
- green leafy veggies

### VITAMIN A

- carrot
- sweet potato, butternut squash
- kale, spinach, swiss chard, beet greens
- broccoli
- cod liver oil
- egg yolk
- mangoes, cantaloupe
- tomatoes

### VITAMIN C

- parsley
- red pepper
- guava, kiwi, papaya
- strawberries, raspberries
- citrus
- leafy greens
- tomatoes

### SELENIUM

- brazil nuts
- lobster, shrimp, oysters, king crab, cod, scallops, clams
- turkey, chicken, liver
- apple cider vinegar
- brown rice, whole grain oats
- mushrooms
- garlic, onion, carrots, cabbage



### ZINC

- wheat germ, buckwheat, whole grain oats
- tuna, haddock, clams, oyster, sardines, shrimp
- lamb, turkey, chicken
- hazelnuts, almonds, walnuts, pecans

*Plant sources are not as bioavailable as animal sources. As a result, vegetarians may need as much as 50% more in their diet because whole grains and legumes can inhibit absorption of Zinc.

## MAGNESIUM

### MAGNESIUM

- beans
- nuts, legumes
- leafy greens
- brown rice, whole grains
- halibut, mackerel,
- cooked spinach
- molasses





## OMEGA 3 FATTY ACIDS

### OMEGAS

- fish
- chia seeds
- walnuts

## WATER:  2-3 LITRES A DAY

- **Optimum hydration** happens when the water you drink or intake through food is absorbed deep into the cells of your body. Your connective tissue - fascia - is the prime delivery method. The result is often better focus, faster recovery and increased energy.

- **Mild dehydration can show up as** Headaches and migraines, weakness and fatigue, fogginess, focus issues, sleeplessness.

- **Optimum hydration** promotes better cell function, helps eliminate cellular waste products, is required for chemical and metabolic reactions, helps with cognitive function, can help reduce migraines and chronic pain.

# TROPICAL DELIGHT SMOOTHIE

**Ingredients:**

- Vanilla protein powder
- 1 tsp MCT oil
- ¼ - ½ cup full fat coconut milk
- 1 handful baby spinach
- 1 small banana
- ½ - ¾ cup chopped pineapple
- 1 cup filtered water or more to desired thickness



**Place all ingredients into the blender and blend until desired consistency.**

**Benefits:** B vitamins, Vitamins C,K, E, copper, potassium, manganese, iron

**Boost**: coconut water adds potassium

**Substitute/Swap:** Coconut milk can be replaced with the same quantity of avocado, and though delicious, will lose the "pina colada" flavour profile. Avocado provides healthy fats and fiber. Feel free to experiment:)

# *What is **Deep Health** for Concussion Recovery?*

As a Board Certified Health Coach, many of us approach health through a "**deep health**" lens—but what does that really mean?

A whole-person approach to health encompasses physical health, social determinants of health, and mental health. This concept is typically applied to people who want to change their lifestyle, lose weight, and develop better eating habits.

As you know, experiencing a concussion can be all-encompassing, affecting nearly every area of your life. I wanted to take this concept of deep health and apply it specifically to the concussion experience. This approach helps those with concussion symptoms recognize what's going well and what isn't, while identifying areas where they need additional support.

Deep health is about thriving in all areas of life.

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**Use the following catagory descriptions for your journal entry on page 14.**

**Physical:** Feeling energetic, vibrant and performing well

**Emotional:** Feeling the full range of emotions as well as being able to express your emotions.

**Environmental:** How does your every day environment support your health and well-being?

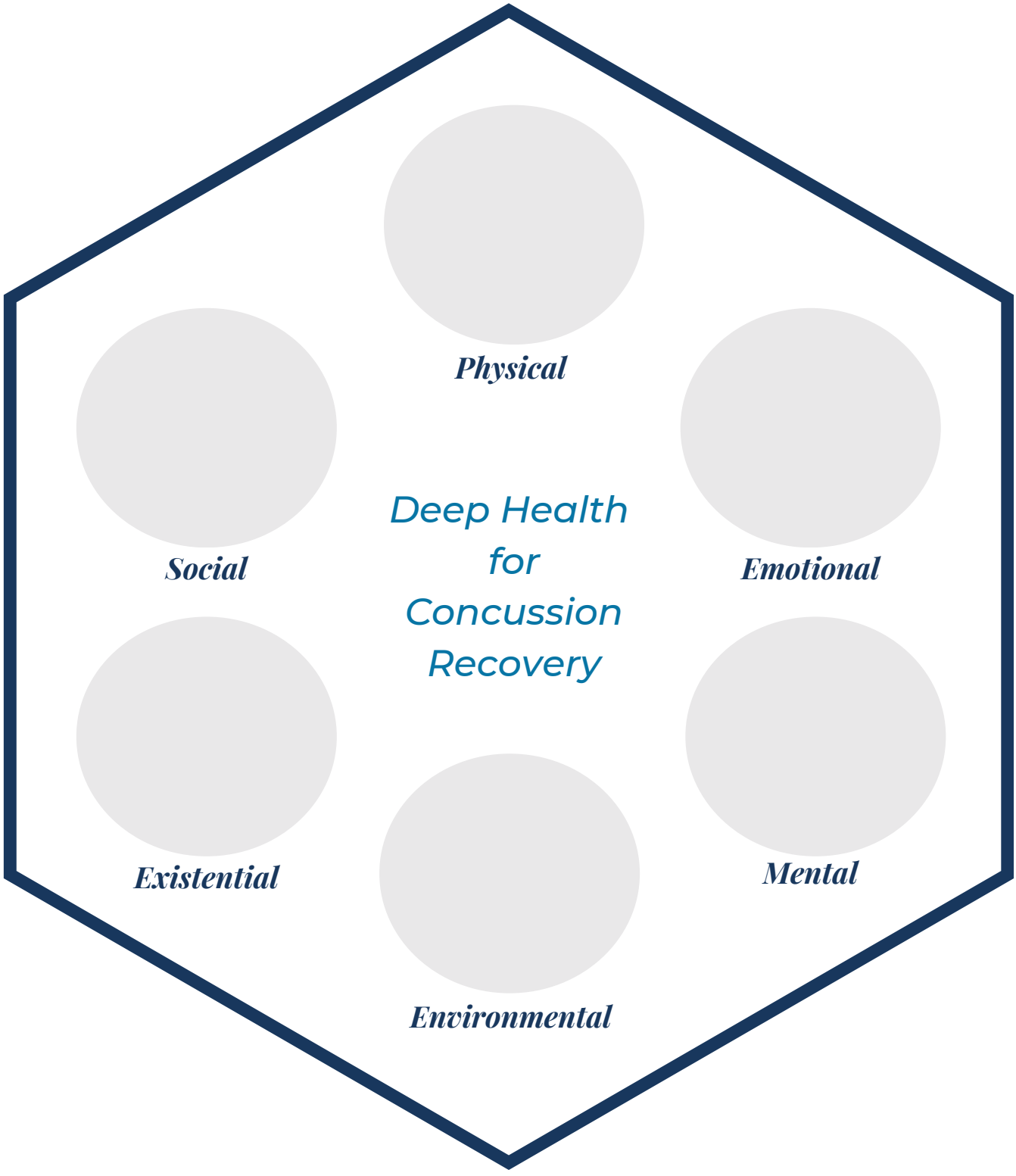
**Mental:** Focus, alertness, cognition, learning and memory

**Existential:** Feeling a sense of purpose

**Relational:** Sense of belonging, community and connection, and support

# *Deep Health Journal Entry*

*Using the category explanations from the previous page, take a moment to reflect on each aspect of Deep Health and write one or two things in each section that is supporting you or where you might need more support in your recovery.*





# NEED MORE CONCUSSION SUPPORT?

*Jenna and Brynn have managed hundreds of concussions over the years and the CRP has withstood the test of times, consistently getting similar results over the last 30 years in 2 countries and multiple practitioners.*

*We understand that not everyone has the ability to see us in person and are working on a variety of options to meet people where they are at in their concussion journey.*

SCHEDULE A CALL TODAY!

Please feel free to reach out:
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