



REST AFTER CONCUSSION

If you've had a concussion you will be told to immediately rest and stop playing sports, driving, working or being at school in the time directly after injury. But what does rest really mean? How long should you rest for?

THERE ARE TWO MAIN TYPES OF REST YOU NEED TO CONSIDER:

Cognitive – resting your brain by reducing thinking, stress, stimulation and other mental activities.
Physical – reducing physical activity, taking time off sport and training, and limiting risk of reinjury.

QUICK TIPS:

- Focus on rest for first 1-3 days, then increase your activity slowly and gradually
- Gentle activity is good but if things feel worse, back off a bit.
- Absolute rest (doing nothing and laying in the dark) is not normally necessary. If you are unable to do any activity due to symptoms., consult your medical and rehabilitation team

Cognitive Rest

Reduce:

Work or school, studying or doing homework
Driving
Watching TV (especially high action)
Using computers and smartphones
Reading or writing
Being in bright lighting
Listening to loud music
Stress and major decision making
Intense or emotional conversations
Social time in groups
Multitasking
Busy, noisy or bright environments

Restful cognitive activities:

Meditation and mindfulness
Relaxation exercises
Listening to mellow music at low volume
Podcasts
Audiobooks
Walking in nature
Taking a bath

Cognitive Tips:

Do one thing at a time
Take frequent breaks
Use reminders
Make lists and write stuff down
Maximize sleep, napping is okay if it doesn't mess with your overnight sleep
Consider academic accommodations
Consider reduced hours and duties at work

Physical Rest

Avoid:

Vigorous exercise (sports, weightlifting, PE)
Heavy housework
Lifting heavy things
Bumping your head
***DON'T DO CONTACT SPORTS** or high risk activities like biking, skiing, rollerblading, skateboarding, etc...

Restful physical activity:

Walking
Stationary bike
Light housework
Gentle Yoga, stretching or calisthenics
Tai Chi
Pilates
Stretching

Physical tips:

Follow a gradual progression over time:

1. No activity
2. Light aerobic activity—10 to 15 minutes or walking or stationary bike
3. Moderate aerobic activity—20 to 30 minutes of jogging; light resistance training
4. Intense aerobic activity—40 to 60 minutes of jogging/running or sport-specific drills
5. Controlled contact training drills
6. Full contact practice
7. Return to play