

RECOGNIZING & MONITORING SYMPTOMS DURING CONCUSSION RECOVERY

SYMPTOMS FOR SELF-MONITORING DURING RECOVERY FROM CONCUSSION-RELATED INJURIES	
<i>This resource should be shared with students and parents.</i>	
SYMPTOMS	EXPLANATION
PHYSICAL SYMPTOMS	
Headaches or a feeling of “increased pressure”	May experience chronic headaches (recurring), sometimes described as a feeling of “pressure” in the head.
Balance, coordination, and reactive ability challenges	Feelings of nausea sometimes cause vomiting and/or balance and coordination problems due to dizziness and blurred vision.
Increased sensitivity to environmental factors	Many individuals who experience a concussion related injury report sensitivity to light and noise lasting for several days.
A general feeling that something is “not right...”	This is a very common description from individuals who experience a concussion related injury.
COGNITIVE SYMPTOMS	
Difficulty remaining focused on a task	The ability to think clearly and concentrate on a particular task for even a short duration may be inhibited as a result of a concussion.
Difficulty with memory and recall	Tasks that challenge short or long-term memory may prove to be extremely difficult and frustrating.
Slower speed of thought processing and response	Concussed individuals will often demonstrate a longer-than-usual time to respond to simple questions, cues, or reactive tasks.
EMOTIONAL SYMPTOMS	
Increased irritability	While dealing with concussion symptoms, many people show lower levels of patience or increased annoyance/irritability.
Frustration leading to sadness and depression	This is especially common in athletes who are unable to perform optimally during training or competition as a result of a concussion.
Increased nervousness	Feelings of apprehension and nervousness can present themselves in situations that would not normally involve these types of responses.
Increased general emotional sensitivity	Elevated emotional sensitivity to external factors (e.g. behaviour of others) is common amongst people experiencing concussion symptoms.

The ability, for individuals to recognize whether they are still experiencing concussion-related symptoms, is a fundamental part of successful recovery. All individuals, experiencing a concussion-related injury, should be aware of concussion symptoms for continuous, ongoing monitoring during the recovery period. The [“Parent’s Pathway for Child and Youth Concussion”](#) is a helpful resource for identifying general concussion symptoms versus “red flag” symptoms that require immediate medical attention.