

Rehabilitation Services Department

Physical Therapy

Concussion Rehabilitation

A concussion is a traumatic brain injury caused by a blow to the head or by a movement that shakes the head with force causing the brain to jar against the skull. When the brain is concussed, the vestibular system often is affected. Symptoms can begin immediately or arise over subsequent days or weeks.

LOCATIONS:

Center for Outpatient
Rehabilitation – Hopewell
Two Capital Way, Suite 418
Pennington, NJ 08534

To make an appointment,
call: 609.303.4700

Center for Outpatient
Rehabilitation – Trenton
832 Brunswick Ave., Trenton, NJ 08638

To make an appointment,
call: 609.278.5482

DO YOU NOTICE ANY OF THE FOLLOWING SYMPTOMS?

- Headache
- Decreased concentration
- Dizziness
- Nausea and/or vomiting
- Sensitivity to light and/or sound
- Ringing in the ears
- Fatigue /tiredness

THERAPY MAY HELP YOU TO:

- Decrease pain
- Improve concentration
- Decrease dizziness
- Improved visual focus
- Successfully return to work and/or sports

YOUR THERAPIST WILL DESIGN A THERAPY PROGRAM ESPECIALLY FOR YOU. THERAPY MAY INCLUDE:

- Manual techniques to reduce pain
- Positional maneuvers (Hallpike, Epley, etc)
- Gaze stabilization eye exercises
- Habituation exercises
- Exercise to restore strength, balance and endurance
- Agility exercises for return to sports

Therapy sessions are generally 2–3 times per week for 4–6 weeks. Personalized home exercises and activities are usually given as homework. Obtain a prescription for therapy from your physician and schedule time for an evaluation so your therapist can listen to your concerns and evaluate your performance.

References: Centers for Disease Control and Prevention www.cdc.gov/TraumaticBrainInjury
Vestibular Disorders Association vestibular.org



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