

## Concussion Management

Every concussion one endures is potentially a serious negative event in your brain's growth and stability. The research surrounding concussions has been highly contentious and the recommendations for treatment are still being debated. The bottom line that most agree upon is that rest is key and paying attention to worsening headaches, mental fatigue and specific neurological symptoms is paramount.

Salisbury Pediatrics believes that certain principles are past debate for healing the concussed brain. They revolve around the drivers of inflammation within the brain and body. Here are a list of our recommendations:

- 1) **KEY.** Avoid foods that contain large volumes of omega 6 fats. These include most processed foods, corn oil, soybean oil, vegetable oil, margarines, corn fed standard meats, commercially produced French fries and most snack foods. All of these foods have been found to promote inflammation through the production of voluminous amounts of inflammatory chemicals like arachadonic acid.
- 2) **KEY.** Avoid flour and sugar based foods as they clearly spike blood sugar and promote inflammation in the body in the short and long term.
- 3) **KEY.** Consume large volumes of omega 3 fats. These are found principally in small oily cold water fish like salmon, sardines, herring and mackerel. Flax and chia seeds are also loaded with omega 3 fats for those that are vegetarians. Grass fed beef and bison, pasture raised chicken are ideal for consumption and are not inflammatory.
- 4) If your child or teen will not consume the food sources of omega 3 fats, then we recommend \_\_\_\_\_ mg of fish oil as (EPA+DHA)
- 5) We recommend large volumes of berries, green leafy vegetables and cruciferous vegetables like broccoli and cauliflower for antioxidants and brain healing chemicals.
- 6) Drink water. Urine color should be straw/clear.
- 7) Rest for the first few days following the head injury. Never return to sports unless cleared by a professional. Your long-term health depends upon prompt healing. Slowly increase school activity according to professional recommendations. Stop immediately if symptoms worsen with school activity.
- 8) Red flag symptoms immediately post injury include the following: vomiting, worsening headache, neck pain, drowsiness, watery or bloody discharge from your nose or ears, passing out, slurred speech and numbness in an extremity. Go to the emergency department immediately if any of these symptoms develop.
- 9) Red flag symptoms over the subsequent days include worsening headache, worsening mental fatigue, ringing in the ears, significant insomnia and severe emotional lability or irritability.

10) For those who prefer an alternative method; Homeopathic Arnica Montana 30 c pellets. Take 4 pellets three times daily for 2 weeks. Exercises to try: Particularly eye rest with eyes closed then circles with eyes closed circling to the right 3 times and circling to the left 3 times then open eyes and take 10 deep slow breaths daily for the week after accident. The other exercise that is important is to do a peripheral comfort assessment. Have someone walk towards patient from a distance of about 20 feet directly in front of patient and patient says stop at closest distance they feel safest with that person on their space. Repeat with person walking toward left side of patient then right side of patient and behind patient. This helps patient recalibrate proprioceptive senses that were overwhelmed in accident and helps reduce reinjury.