

# HOUSTON METHODIST CONCUSSION CENTER

## TREATMENT AND RECOVERY

After you have seen a medical professional, remember:



Most CT and/or MRI scans appear normal after a concussion.

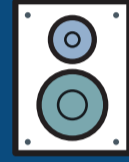


Someone needs to observe you for a few hours to make sure symptoms do not worsen and you remain conscious.

### YOUR BRAIN NEEDS TIME TO HEAL

No medication will **cure** a concussion, only treat symptoms such as headache or nausea. **Rest**, it's the best **medicine**. You may miss a few days of school or work.

**FOR THE FIRST FEW DAYS LIMIT ANY PHYSICAL AND MENTAL ACTIVITY THAT INVOLVES A LOT OF CONCENTRATION OR NOISE.**



### DOS

- ✓ Sleep is a very important part of recovery
- ✓ Use acetaminophen for headaches

### DON'TS

- ✗ Take aspirin, ibuprofen or naproxen (NSAIDS) for the first 48 hours
- ✗ Operate heavy machinery, motor vehicle or firearms (unless cleared by a medical provider)

### STARTING PHYSICAL ACTIVITY

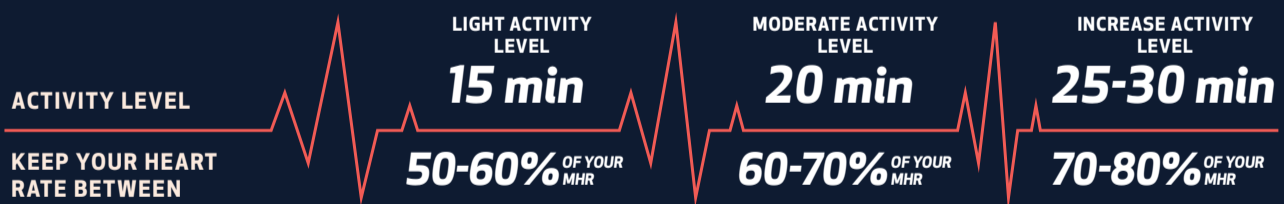
After you have been cleared by a doctor, you can begin with light activity, which can include the following exercises, but no weightlifting.



### MONITOR YOUR HEART RATE

Use the tips of your first two fingers (not your thumb) to press lightly over the blood vessels on your wrist or neck. Count your pulse for 10 seconds and multiply by six to find your heart rate (beats per minute).

**Maximum Heart Rate (MHR) = 220 – your age**



Depending on how you feel, you can increase activity level once per day. If your symptoms return or worsen, modify your time and intensity to keep your heart rate lower.

HOUSTON METHODIST IS THE OFFICIAL HEALTH CARE PROVIDER FOR



For referrals or appointments, please call **713.441.8277** or visit **[houstonmethodist.org/concussion](http://houstonmethodist.org/concussion)**

