



**STRUCTURE & FUNCTION**®  
EDUCATION

# COMMON CONCUSSION SYMPTOMS

- Both packets have the same information, your choice of Black & White or Color for reuse.
- Feel free to put your company/clinic logo above the title of the handout before using.

For more information, please visit our website: [www.structureandfunction.net](http://www.structureandfunction.net)  
And read our blog on the [Advancements in Concussion Care](#).

# COMMON CONCUSSION SYMPTOMS

A concussion may be caused by a blow, bump, or jolt to the head or by any fall or hit that jars the brain. This “invisible” injury disrupts the brain’s normal physiology, which can affect mental stamina and function, causing the brain to work longer and harder to complete even simple tasks. A concussion may involve loss of consciousness (being “knocked out”), but the majority do not. Ultimately, ALL concussions are serious because they are brain injuries!

## PHYSICAL

Headache  
“Pressure” in head  
Neck Pain  
Nausea or Vomiting  
Sensitivity to Light  
Sensitivity to Noise  
Balance Problems  
Dizziness  
Blurred Vision

## COGNITIVE

Confusion  
“Fog-Like” Feeling  
Difficulty Concentrating  
Difficulty Remembering  
“Not Feeling Right”  
Feeling slower

## EMOTIONAL

Intense Emotions  
Irritability  
Sadness  
Nervous or Anxious

## SLEEP

Drowsiness  
Fatigue or Low Energy  
Trouble Falling Asleep

These symptoms may last several minutes, days, weeks, or even longer in some cases. Most concussions are relatively minor and will resolve on their own, but **ANY patient with a suspected concussion should be seen by a medical professional within two days** according to Mayo Clinic recommendations. Emergency care should be sought if the patient is experiencing any “red flag” symptoms, listed above.



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