

Treatment for Mild Traumatic Brain Injury (Concussion)



A mild traumatic brain injury (TBI) is a sudden jolt to your head that causes temporary or short-term problems in the way the brain functions. It is caused by an external force strong enough to move the brain within the skull. It could occur as result of a forceful blow, bump, or jolt to your head or body. Falls, fights, sports, and car accidents also can cause TBIs.

Treatment of mild TBI

Having a mild TBI can change the way you feel, act, move, and think. Even though you may look fine, a mild TBI can have a big impact on many areas of your life. A mild TBI can cause headaches, fatigue, memory problems, mood swings, and inability to focus your thoughts.

Treatment for mild TBI may be different, depending on symptoms and other unrelated medical issues. No 2 TBIs are the same. You may need to work with a TBI team. This is a group of healthcare providers who help people recover from TBI. For example, you might work with a physical therapist to help with your balance and movement problems. Or you might work with an occupational therapist to help you function better at home and at work. Other medical experts, such as neuropsychologists, may help you with emotional and thinking problems.

In some cases, your healthcare provider may use medicine to ease symptoms while you recover. These may include pain relievers, antidepressants, anti-anxiety medicine, sleep aids, and muscle relaxants. Although medicines can help, they are not a main part of treatment. You should not take any medicines unless discussed and approved by your healthcare provider. Things that you can do for yourself are usually as important as the medicines you are prescribed. This part of your treatment is called self-management.

Self-management for mild TBI

Most people with mild TBI recover completely, but it may take weeks or months. For some people, symptoms may continue for years. Because of this, self-management may continue long after you leave the hospital. Many lifestyle changes that help your brain recover are good habits that you should keep up even after you have recovered. Here are some tips:

- Learn as much as you can about TBI. Share what you learn with friends and family.
- Let your healthcare team know about all your symptoms.
- Eat a healthy diet and drink plenty of fluids.
- Get plenty of sleep.
- Early return to normal activities is proven to help more than prolonged rest in certain cases.
- Music is believed to activate the brain and promote brain healing.
- Don't overexert yourself mentally or physically.
- Don't smoke, take drugs, or drink alcohol.
- Don't use caffeine or energy drinks as a way to make you feel less tired.
- Don't do activities that could cause another jolt to your head. Don't return to sports or any activity that could cause you to hit your head until all symptoms are gone and you have been cleared by your healthcare providers. A second head injury before fully recovering from the first one can lead to serious brain injury. Ask your healthcare provider what types of activities are safe.
- Prevent mental stress. Learn some relaxation methods like deep breathing.

- Keep a pad and pencil handy. Write things down if you are having trouble concentrating or remembering.

Let your healthcare provider know if your symptoms are getting worse. And look out for other important mental symptoms. These include memory loss, having a hard time thinking clearly, having trouble controlling your emotions, and depression. Also be sure to report physical symptoms, such as headaches that are getting worse, loss of balance, changes in vision, seizures, and vomiting.

Recovery from a mild TBI takes time. Be patient and give your brain time to heal. Rely on your support system, which includes friends and family members who understand what you are going through. You might also want to join a support group and share your feelings with others who have had a TBI.

© 2000-2027 The StayWell Company, LLC. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions
This information is not intended as a substitute for professional medical care. Always follow your Healthcare professional's instructions. Copyright Krames LLC.