



# Carolina

## FAMILY PRACTICE & SPORTS MEDICINE

3700 NW Cary Parkway, Suite 110, Cary, NC 27513 • 8300 Health Park, Suite 107, Raleigh, NC 27615  
190 Rosewood Centre Drive, Suite 100, Holly Springs, NC 27540  
PHONE 919-238-2000 • FAX 919-238-5010 • [www.cfpsm.com](http://www.cfpsm.com)

**3/22/2018**

### **Concussion Care Plan**

To Whom It May Concern:

Brandon Batten is a patient under my care at Carolina Family Practice and Sports Medicine. The following are recommendations based on today's evaluation:

#### **Participation in work:**

Patient may return to work on 3/26/18 with the following restrictions/supports as symptoms allow:

#### **Extra Time:**

- Take mental rest breaks during the day as needed. Check for return of symptoms when participating in any activities that require a significant amount of attention or concentration.
- Allow extra time to complete tasks.

#### **Home/Extracurricular:**

- Lessen workload to allow adequate cognitive rest per symptom threshold.
- Limit visual stimulants including: watching television/movies, reading, using cell phone, etc. - to ensure relative visual cognitive rest.

#### **Participation in physical activity:**

Patient is not cleared for formal physical activity (includes physical education class, sports practices, sports games, weight training, etc) at this time.

- However, we recommend that patient has 20-30 minutes of light cardiovascular activity daily, with NO risk of head injury (example: walking), staying below level of symptoms.

#### **Active Treatment Strategies:**

- Fueling your brain is important for recovery. It is essential to stay well hydrated, aiming for half of your body weight in fluid ounces per day (100 lbs = 50 oz). We also recommend eating breakfast to start your day and focus on a well-balanced diet containing lean protein, 'good' fats, and complex carbohydrates. See your nutrition/hydration handout for more details.
- Quality sleep is very important in your concussion recovery. We encourage lots of sleep for the first 24-72 hours following injury but following this period it is vital to regulate your sleep cycle. We encourage 7-9 hours of quality sleep per night. See your sleep handout for more details and strategies for quality sleep.
- Begin your home vestibular exercise program as directed on your AVS.

An affiliate of the



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### Follow-up information:

- Follow up appointment at Carolina Family Practice and Sports Medicine in 1 week.
- Patient needs to **arrive 15 minutes prior to appointment** to complete the following tests:  
Vestibular screen.

Please feel free to call me at my office with any questions or concerns.

Sincerely,

MICHAEL JONATHAN HARRIS, MD.

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