

THE CONCUSSION REPAIR MANUAL

TO DO, TAKE & AVOID CHECKLIST IMMEDIATELY AFTER A SUSPECTED TBI OR CONCUSSION

TO DO:

1. Get a thorough examination by a medically trained concussion care specialist ASAP
 - a. Neurological exam to include physical exam, VOMS and CBCs
 1. VOMS – vestibular oculo-motor system
 2. CBCs – cognition, balance and coordination
 - b. Brain Imaging - Severity of concussion related symptoms will dictate necessity
 - c. BCT – baseline cognitive testing to measure baseline functional status, and, if a post-concussion care plan is implemented, this can serve as a comparative for progress assessment
2. REST and optimize healthy sleep patterns
3. FLOAT – Floatation tank therapy
4. Consider acupuncture and/or acupuncture with someone experienced in TBI Rx
5. Ketogenic diet – primarily for the neurological benefit

TO TAKE:

1. Glutathione – major brain antioxidant and reparative factors
2. Vitamin D – neuro-protectant, anti-inflammatory
3. Melatonin – anti-oxidant hormone, helps to establish healthy circadian cycles
4. CBD – neuro-protectant and antioxidant
5. Curcumin – anti-inflammatory, neuro-protectant, promotes plasticity and growth factors

TO AVOID:

1. ANY kind of contact sports, especially involving the head. Return to play ONLY after full clearance by a concussion care specialist. Avoid any more TBIs in the future!
2. High sugar diet
3. Stress – physical or emotional
4. Bright light/loud noise/excessive EMF (ex. cell phones, computer work, video gaming)
5. Excessive pain meds (the potential sedative effects of these meds can mask the underlying symptoms of post concussive altered states of awareness and cognition)