

Physical Therapy

The vestibular system is a sensory system inside the inner ear that is commonly affected by a concussion. It has structures that communicate with the brain to provide information about movement, head and eye positioning, and location in space. Vestibular problems can be accompanied by symptoms like dizziness, headache, difficulty in busy environments, and poor balance.

Concussion Rehabilitation

Concussion rehab is done by a physical therapist. The physical therapist will evaluate your child and develop a treatment plan to help your child recover.

GOALS

The goal of physical therapy is to reduce symptoms through repeated exposures and recoveries. Your child's physical therapist will help determine the right amount of exposure and will be careful not to provide too much.

GET BETTER FASTER

Your child's physical therapist will provide a home exercise program. Consistently working on the exercises in this program will lessen your child's recovery time. In the beginning, the exercises may make your child's symptoms worse. This is normal. By regularly working on the exercises, your child will notice that the symptoms steadily decrease and the exercises get easier.