



Hamilton Health Sciences Integrated Adult Concussion Clinic

Hamilton Health Sciences, General Hospital
Regional Rehabilitation Centre
237 Barton St. E Hamilton L8L 2X2

The following recommendations have been advised to you by the team for the treatment of your concussion symptoms.

Headache:

- Complete a headache diary
- Limit the use over-the-counter medications (acetaminophen, ibuprofen, naproxen, Tylenol with Codeine) to less than **8 days** per month.
- Avoid or restrict the use of narcotics for headache management
- Incorporate non pharmacological physical therapy treatments like physiotherapy (for head/neck pain), chiropractic treatment, massage therapy, acupuncture, and hot/cold packs.

- Supplements that may be helpful for headache management, should you choose to pursue them:
 - Magnesium Citrate (powder form), 300mg to 600mg daily (i.e. CALM)
 - Riboflavin, 400mg daily
 - Co-Enzyme Q10, 300mg daily
- Based on your symptom presentation, we have also arranged the following additional headache treatments:
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Dizziness/Balance:

- List of vestibular exercises provided to be completed independently.

Sleep disturbance/fatigue:

- Supplements that may be helpful for sleep initiation, should you choose to pursue them:
 - Melatonin (the sublingual form – Melatonin Plus), starting at ___mg, and gradually going up to 12mg

General:

- Complete rest is not encouraged. Although rest is advised initially with gradual introduction of activities complete rest is now known to reduce the recovery of the concussion and disrupt the sleep-cycle. It is advised to pace your activities.

Cognitive changes:

- Use compensatory strategies (iPad, calendars, to do lists)
- Omega 3 supplementation (high DHA oil, 2 grams per day)
- Exercise regime

Behavioural/emotional changes:

- Use of relaxation and meditation techniques (download Apps CALM or HEADSPACE); Mindfulness Hamilton has resources
- Restorative Yoga (avoid hot yoga and poses that increase headache/neck pain)

Visual disturbances: (blurred or double vision, light sensitivity, visual tracking issues)

- Avoid use of sunglasses indoors, with a plan to gradually increase your time in brightly lit environments. Constant use of sunglasses can in fact increase your light intolerance.
- Anti-glare covers, bluelight reducing apps for phone/computer (“night shade”), reduce mobile/computer screen use before bedtime.
- FL-14 tinted lenses (“rose colored lenses”) or clip-ons

Noise sensitivity/Tinnitus:

- Use of earplugs **initially** can help manage this symptom, however continued and frequent use of earplugs is not recommended because this may in fact increase your sensitivity to noise and tolerate noise even less. It is advised that you be exposed to noise gradually to sensitize yourself to it.
- Use of white noise at night for tinnitus management

Other recommendations and referrals:

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If you need to contact our clinic, please call 905-521-2100, ext 40866