



Topic Recovering From Trauma and Concussion

Title &
OrganizationProfessor of Neurology,
UC San Francisco

Speaker Morris Levin, M.D.

i KEY TAKEAWAYS

- Some people, after they have a head injury, develop symptoms following that head injury. And if you lump all the symptoms together, it's called the post-concussive syndrome, the most common symptom of which is headache.
- If a head injury is serious enough to cause post-concussive syndrome or post-traumatic headaches, it is likely that a neck injury also occurred.
- A good way to start treatment is with a general physician who will examine neck stability and look for neck deformation issues.
- There's always something to try, including both pharmacological and nonpharmacological treatments like stimulation devices. So never give up.

T TREATMENTS CITED

Anesthetic
Nerve blocks
Neuropsychological testing
Pain psychology
Physical therapy

“ ” QUOTES

“You get a concussion, you need to be watched very closely. And in my humble opinion, I think everybody needs to go have an imaging test. And the reason I say that is because when we talk about concussion, we're talking about a hard enough blow to the head to cause a person to significantly alter their behavior. That's a pretty big blow to the head. It doesn't come with just a tap.”

“Over the years, I've sort of embraced many, many different treatment modalities, and so I never tell patients we're out of ideas. There's always something to try... So... I never give up, you know?”

🏆 PRACTICAL STEPS

- If you have suffered a blow to the head, have someone to watch you for 24 hours. Get medical treatment that includes head and neck imaging. Start with a primary care provider who is familiar with neck deformation and how to treat it.
- Work with your health care professional partners to put together a personalized, optimized treatment plan that incorporates a variety of modalities.
- Understand that recovering from a blow to the head may take a long time. Be patient with yourself and your recovery. Seek physical and psychological therapeutic assistance.