

# mTBI (concussion) MANAGEMENT IN ACTIVITIES, SPORT AND AT WORK

## What is mTBI?

**mTBI: Mild Traumatic Brain Injury  
(also known as concussion)**

- A temporary disruption in brain function due to trauma
- Results from direct blow to head, neck, face, or elsewhere on body that may transmit a force to the head leading to trauma to brain; may range from mild to severe
- May result from accidents at work, home, sports, and other activities; symptoms usually last only for a short time, but may lead to long-lasting problems

## Signs & Symptoms

**If ANY of the symptoms are present following a brain injury, a doctor should be contacted and informed of the symptoms present & the injury.**

- Temporary loss of consciousness or unresponsiveness; lack of awareness to surroundings
- Impairment in memory, concentration
- Nausea, vomiting
- Dizziness, vertigo
- Feeling stunned or dazed
- Numbness or tingling sensation
- Difficulty in following conversations and directions
- Balance and orientation problems
- Headache
- Fuzzy, double, blurry vision
- Sensitivity to light or noise
- Change in emotion and personality; increased irritability, depressed mood, or increase in anxiety
- Changes in sleep patterns; sleeping more / less than usual, trouble sleeping, drowsiness



# mTBI Management

## When signs and symptoms of mTBI are present following head trauma:

- Immediately cease activity; if the affected individual is unconscious, stabilize head & neck
- Seek medical attention and monitor the individual for deterioration for at least 24 hours; seek urgent medical attention if individual suffers from seizures, severe headaches, cannot be woken up, vomits more than three times, is weak and unsteady on feet, has unequal pupil size, or passes out
- Obtain a medical evaluation and do not allow the individual to return to work or other activities prior to rehabilitation

**Second Impact Syndrome:** DO NOT allow individual to return to work or activity following signs of mTBI; even a mild blow to head when post-mTBI symptoms are present may result in swelling of the brain.

## Rehabilitation

mTBI management should be supervised by a medical professional. Rehabilitation should adhere to the following general steps:

- No activity, complete rest. Only proceed to next step once the individual is asymptomatic.
- Proceed with light aerobic exercises, such as walking or stationary biking until asymptomatic for duration of aerobic exercises.
- Work or activity related skill may be practiced, such as carrying equipment at work or skating for hockey.
- Activities that do not have risk of collision or further trauma may be performed, such as non-contact drills in sports.
- Return to work and other activities allowed once cleared by a medical doctor; however, the time required to progress from minimal-trauma activities to normal activity depends on severity of mTBI.
- Return to normal work or other activities. If medical clearance is not granted, go to one of the previous steps or obtain a referral to a neurological specialist.

# Preventing mTBI's

## In the workplace:

Always follow safety rules and regulations

Wear correct safety equipment - replace damaged/worn equipment

## During Sports:

Properly use and maintain sports equipment, such as helmets & pads

Follow the rules of the game Practice good sportsmanship

## At home and elsewhere:

Use seat belts in motor vehicles, and proper child seating

Do NOT drive under the influence of drugs or alcohol

Wear a helmet and safety equipment during fast moving activities

Make living areas safer for seniors and children

Use safety rules to keep children away from dangerous situations

Practice common sense: be aware of possible risks



Brain Injury Association of Canada  
Association canadienne des lésés cérébraux  
[www.biac-aclc.ca](http://www.biac-aclc.ca)



Brain Injury Association  
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