

Concussion Recovery Schedule

General Information

Use the following guidelines to reduce your headaches or other symptoms after a concussion. Your health care provider will talk with you about how best to use this schedule.

Call your health care provider if your symptoms don't gradually improve or if you have new symptoms.

Manage Your Stress

- Find ways to avoid or decrease your stress. Work on the things that are most within your control.
- Try relaxation techniques such as meditation or deep breathing to decrease stress.
- Avoid situations that make you feel anxious or emotionally drained.

Get Enough Sleep

- Try to go to bed and wake up at the same times during the week. Your time can vary by 1 hour for the weekends.
- Try to get at least 8 hours of sleep each night.
- Avoid taking naps unless you took naps before your head injury. (Do not nap longer than 20 minutes.)

Food

- Do not skip meals.
- Your brain needs the structure of eating meals at the same time every day.
- Try not to snack a lot during the day.
- Eat 3 meals a day.
- Eat healthful foods.

Drink Lots of Water

- Drink lots of water to stay hydrated (to help keep your body working).
- **Do not** drink energy drinks.

Get Regular Exercise

- Getting exercise every day is important after a concussion. Talk with your health care provider about what exercise is good for you.
- Call your health care provider if you have new symptoms or if your current symptoms get progressively worse.
- If you cannot do 20 to 30 minutes of exercise at one time, try to do some exercise for 5 to 10 minutes several times each day.