

Safety

Performance

Otreach

Research

Treatment

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## Concussion Education

**Concussion:** injury when the brain gets hit or moved quickly. No gross structural abnormality on imaging. Do not have to lose consciousness.

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**EASTON  
CLINIC  
FOR  
BRAIN  
HEALTH**



UCLA Health

### Signs and symptoms:

- Cognitive
  - Physical
  - Emotional
  - Sleep-related
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### Recovery timeline:

Initial injury (onset of symptoms) ➡ 3-4 weeks (brain heals) ➡ 4+ weeks (symptoms perpetuated by other factors)

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## Occupational Therapy

### Evaluation Options:

Occupational Profile	COPM	PedsQL
King Devick	BESS	Reaction Time
Dizziness Handicap Inventory		Sensory Profile

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### Intervention:

Lifestyle informed intervention to promote engagement in everyday activity.

*Ex: Return to School, Routine Management, Return to Sport, Sleep Hygiene, Activity Avoidance*

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### OT Practice Settings:

- Inpatient/ER
  - Outpatient/Rehab
  - Specialty Clinic
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### Key Takeaways:

1. Occupation-based: help patients resume every-day occupations as quickly and safely as possible
2. Intervention looks more lifestyle-based
3. “Treat the cause of symptoms and you will treat the injury”
4. COLLABORATION is key

