

Importance of Early Treatment

Studies show that patients who receive earlier clinical assessment and treatment after a concussion recover sooner than those who start care later.

How can early intervention improve recovery?



A full medical evaluation is important to confirm the diagnosis of concussion and to rule out more serious injuries or complications that require referral to other specialized care providers.



Guidance and reassurance from a healthcare provider can help you build a tailored plan to manage your symptoms, cope with stress or anxiety, and get back to your activities at a pace that is right for you.



A thorough clinical assessment can identify specific areas of concern such as balance, vision, neck injury, or mental health problems that can be helped by targeted active rehabilitation.



Early exercise has been shown to improve recovery but should be guided by a healthcare provider to make sure it is done safely at an appropriate level for the individual.



Our experienced concussion care team will work with you to identify and implement accommodations tailored to your needs, so you can safely return to school/work and other meaningful