



INTERNATIONAL CONGRESS FOR
ATHLETE BRAIN HEALTH

Persisting Symptoms after Concussion (PSaC)

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A ALERT

provider to
specific symptoms

C CONSIDER

alternate causes
of symptoms

T TARGET

treatments for
specific symptoms

I INVEST

in your recovery:
follow through with
therapist & physician
recommendations

V VERIFY

that your provider
has experience
treating concussion
and PSaC

E ENGAGE

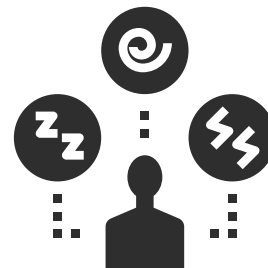
in your environment:
return to normal
activities in a
measured way



Most people recover from
concussion within 4 weeks.



You & your provider should
aim to return you to all of
your usual activities.



If your symptoms are not improving, do not settle
for a diagnosis of "post-concussion syndrome."

Persisting symptoms may not be due only to
concussion and still need to be treated.

You can improve!