

Post-Concussion Management

Dietary Changes:

1. Science shows that within the first 1-10 days following a concussion, the brain does not break down glucose well. It is best to maintain a low sugar diet by eating foods with a low glycemic index.
2. Increasing healthy fats has been shown to be beneficial for brain function and healing i.e. salmon, avocados, nuts
3. Eat 3 meals per day – do not skip breakfast
4. Increase fresh fruits and vegetables

Recommended Supplements:

1. Daily multi-vitamin
2. Vitamin D3 – 1000-2000 IU per day
3. Magnesium – 400-800mg per day (5mg/pound/day)
4. CoQ10 – 200-400 mg per day – divided into 3 doses (½– 1 ½ mg/pound/day)
5. Omega fish oil (DHA and EPA) – 1000mg per day
6. NO caffeine
7. Water intake goal should be ½ oz./pound/day

Lifestyle Changes (while symptomatic)

1. Avoid strenuous activity.
2. Attempt to avoid stress
3. Avoid bouncing, jumping and activities with head movement
4. Keep a consistent sleep schedule
5. Limit screen time to no more than 2 hours per day
6. Reduce the brightness on screens
7. Limit or avoid noise such as band, choir or shop class
8. Take frequent rest breaks