



## SYMPTOMS OF A CONCUSSION



[INFO@LIFTTRAINING.CA](mailto:INFO@LIFTTRAINING.CA)

## SIGNS OF A CONCUSSION

Monitor symptoms for signs of a concussion

If symptoms worsen with concentration, cognitive tasks, or increased exercise intensity

## SYMPTOMS OF A CONCUSSION

- Disorientated
- Sharp headache
- Nausea/vomiting
- Visual changes
- Dizziness
- Memory loss



- **See Physiotherapist**