

LIFT



SYMPTOMS OF A CONCUSSION



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**