

# 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**

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