



## SYMPTOMS OF A CONCUSSION



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## 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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