

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

Phone: 604.314.4048 Email: info@lifttraining.ca 3082 Spring Street (Left Side Door) Port Moody, BC

LiftTraining.ca/soccer