



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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