

REFERENCES

From Injury to Insight & Advocacy: A Journey Through Concussion as Both Patient and OT

WEBSITES

CENTER FOR DISEASE CONTROL - TBI

www.cdc.org/TraumaticBrainInjury

CENTER FOR DISEASE CONTROL - TRAINING FOR HEALTH CARE PROVIDERS

<https://www.cdc.gov/heads-up/hcp/providers/index.html>

CENTER FOR DISEASE CONTROL – MTBI MANAGEMENT GUIDE

<https://www.cdc.gov/traumatic-brain-injury/hcp/data-research/index.html>

CONCUSSION ALLIANCE

<https://www.concussionalliance.org/>

CONCUSSION AWARENESS NOW

<https://concussionawarenessnow.org/>

BRAIN INJURY ASSOCIATION OF AMERICA

<https://www.Biausa.org>

BRAIN INJURY ASSOCIATION OF AMERICA - 2026 State of Brain Injury Report

<https://biausa.org/public-affairs/public-awareness/news/biaa-publishes-new-state-of-brain-injury-report>

BRAIN INJURY ASSOCIATION OF OHIO

<https://www.biaoh.org/>

CENTER FOR DISEASE CONTROL – HEADS UP

<https://www.cdc.gov/heads-up/index.html>

CLEVELAND CLINIC

<https://my.clevelandclinic.org/health/body/vestibular-system>

COMPLETE CONCUSSIONS

<https://www.completeconcussions.com>

CREEKSIDE PHYSICAL MEDICINE AND THE MIGRAINE CENTER

<https://creeksidemedical.com/conditions/complex-concussion/>

MED STAR HEALTH

<http://www.medstarhealth.com/blog/truth-7-common-concussion-myths>

MIGRAINE STRONG

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MY CONCUSSION DR

<https://myconcussiondr.com/best-foods-for-concussion-recovery/>

MY OT SPOT

<https://www.myotspot.com/vision-assessment-treatment/>

NATIONAL INSTITUTE OF HEALTH - TBI

<https://www.ninds.nih.gov/health-information/disorders/traumatic-brain-injury-tbi>

OHIO HIGH SCHOOL ATHLETIC ASSOCIATION CONCUSSION RESOURCES

<https://www.ohsaa.org/concussionresources>

PINK CONCUSSIONS

<https://www.pinkconcussions.com/>

THE GOLDEN OT

<https://payhip.com/TheGoldenOT/blog/news>

THE OT DUDE

<https://www.otdude.com/ot-practice/vision-evaluation-assessment-screening-in-acute-care-and-acute-rehab/>

THE UNIVERSITY OF PITTSBURGH MEDICAL CENTER

<https://www.upmc.com/services/orthopaedics/services/sports-medicine/services/concussion>

<https://www.upmcphysicianresources.com/cme-courses/advances-in-the-clinical-management-and-treatment-of-concussion>

THE VERTIGO DOCTOR

<https://thevertigodoctor.com/>

UNIVERSITY OF MICHIGAN SCHOOL OF MUSIC THEATRE AND DANCE – NUTRITION
RECOMMENDATION FOR CONCUSSIONS

<https://smt.d.umich.edu/backstage/wellness/nutrition-recommendations-for-a-concussion>

VESTIBULAR FIRST

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PATIENT/FAMILY/CLINICIAN RESOURCES

BRAIN AND LIFE MAGAZINE – free publication and online newsletter from the American Academy of Neurology.

...Includes podcasts, patient education, scientific articles, healthy living tips, general resources, bilingual options, book lists, opportunities to advocate.

<https://www.brainandlife.org/>

BRAIN HEALTH COLLECTIVE – resource list

<https://udayton.edu/education/initiatives/brain-health/resources.php>

... BHC is a partnership between the University of Dayton, The Dayton Foundation, and multiple individuals/organizations whose mission is to make a positive impact in the community, provide resources, facilitate workgroups revolving around professional education, continuum of care, communication and advocacy/research, and harbor community partnerships that contribute to the greater good surrounding brain health.

BRAIN INJURY ASSOCIATION OF AMERICA

<https://www.Biausa.org>

... BIAA mission is to be the voice of brain injury, improving the quality of life of people affected by brain injury across their lifespan through advancing prevention, awareness, research, treatment, education, and advocacy.

Virtual Support Groups through BIAA

<https://biausa.org/public-affairs/media/virtual-support-groups>

National Family Helpline: 1-800-444-6443

BRAIN INJURY ASSOCIATION OF OHIO

<https://www.biaoh.org/>

... a statewide advocacy and education organization incorporated in 1982 to improve services and supports to Ohioans with brain injury and their families, to promote prevention and to advocate for advances in research, legislation and program development. BIAO mission is to create a better future through brain injury prevention, research, education and advocacy.

BRAIN INJURY ASSOCIATION OF OHIO LOCAL GROUPS

<https://www.biaoh.org/support-groups>

BRAINLINE

<https://www.brainline.org>

... a national multimedia project offering information and resources about preventing, treating, and living with TBI, including webcasts, an electronic newsletter, and an extensive outreach campaign in partnership with national organizations concerned about traumatic brain injury

CENTER FOR DISEASE CONTROL

www.cdc.org/TraumaticBrainInjury

...national research and data group with shareable handouts, recovery recommendations, statistics, educational resources, articles about brain injury and concussion in both adults and children

HEADS UP – Concussion recommendations

<https://www.cdc.gov/heads-up/guidelines/index.html>

Where to get help

<https://www.cdc.gov/traumatic-brain-injury/response/get-help.html>

Videos

<https://www.cdc.gov/heads-up/communication-resources/videos.html>

CENTER ON PARTNER AFFLICTED BRAIN INJURY

<https://www.odvn.org/brain-injury/>

...The Center works to increase collaboration among systems and provide education, training, technical assistance, domestic violence program capacity building, research, reports, resource development, and promising practices for researchers and practitioners working with domestic violence victims impacted by brain injury.

CONCUSSION ALLIANCE

<https://www.concussionalliance.org/>

...a science-based concussion nonprofit whose mission is to create resources to help everyone impacted by concussions learn how to manage recovery & advocate for care inform healthcare providers on current best practices.

CONCUSSION AWARENESS NOW

<https://concussionawarenessnow.org/>

...partners and organizations that determine guidelines for concussion care, advocate for patients and work with communities vulnerable to concussion

CONCUSSION AND CTE FOUNDATION HELPLINE

<https://concussionandcte.org/helpline/>

...provides personalized support to those struggling with the outcomes of brain injury, as well as their families, designed especially if you or a loved one have suffered a recent concussion, are experiencing lingering symptoms or are concerned about CTE.

HOW COUNSELING CAN HELP AFTER A CONCUSSION – article

<https://counseling.northwestern.edu/blog/counseling-help-after-concussion/>

LASH AND ASSOCIATES PUBLISHING/TRAINING INC.

<https://www.lapublishing.com>

...publisher of brain injury books, resources, info about TBI, concussions, post traumatic stress disorder (PTSD).

MODEL SYSTEMS KNOWLEDGE TRANSLATION CENTER

<https://msktc.org/TBI>

... works closely with researchers in the 16 Traumatic Brain Injury (TBI) Model Systems to develop resources for people living with TBI & and their supporters.

NEURO INSTITUTE

<https://www.neurorestorative.com/knowledge-center/neuro-institute/>

...resources and education about brain injury

NUTRITION RECOMMENDATIONS AND CONCUSSION

<https://smt.d.umich.edu/backstage/wellness/nutrition-recommendations-for-a-concussion/>

<https://www.todaysdietitian.com/brain-health-nutrition-care-after-concussion/>

OHIO DEPARTMENT OF VETERAN AFFAIRS

<http://dvs.ohio.gov/main/home.html>

OHIO DEPARTMENT OF AGING AND DISABILITY SERVICES

<https://www.help4seniors.org/Programs-Services/Aging-Disability-Resource-Center.aspx>

OHIO HIGH SCHOOL ATHLETIC ASSOCIATION CONCUSSION RESOURCES

<https://www.ohsaa.org/concussionresources>

PINK CONCUSSIONS

<https://www.pinkconcussions.com/>

...is the FIRST EVER non-profit organization to focus on pre-injury education and post-injury medical care for women and girls with brain injury including concussion incurred from sport, violence, accidents or military service.

SHARED LEARNING GROUPS

<https://acl.gov/programs/the-link-center>

...The Link Center, through NASHIA (National Association of State Head Injury Administrators), hosts learning groups throughout the year.

These groups provide support to professionals, family members and people with lived experience in the areas of: cognitive disabilities (including intellectual and developmental disabilities as well as brain injuries) and mental health conditions.

TBI TALK

<https://www.tbitalk.com/>

...An information-filled website by compassionate advocate and brain injury survivor Ryan

TRAUMATIC BRAIN INJURY RECOVERY BLOG

<https://www.flintrehab.com/category/traumatic-brain-injury/>

VESTIBULAR.ORG – find a vestibular specialist

<https://vestibular.org/article/diagnosis-treatment/new-patient-toolkit/step-3-find-a-vestibular-specialist/>

ONLINE COURSES

Brain Injury Association of America online Concussion Certification Course – Understanding Concussion: Symptoms, Diagnosis, and Treatment Approaches –

\$145 – 5 CEU AOTA approved

<https://learn.biausa.org/#/online-courses/67924d75-090a-48bd-98a1-15044e7ec287>

Complete Concussions training for OT

<https://completeconcussions.com/concussion-training/medical-professional-courses/occupational-therapist-speech-language-pathologist-or-cognitive-rehabilitation-provider-course/>

ImPact Certification and Training

<https://impacttest.com/concussion-care-training/>

BOOKS

Beh, S. C. (2020). *Victory over vestibular migraine: The ACTION plan for healing & getting your life back* (2nd ed.). Independently Published

...a comprehensive guide to diagnosing and treating vestibular migraines (VM). The book outlines a holistic approach combining lifestyle changes, dietary adjustments, nutraceuticals, and, when necessary, medication to manage vertigo and dizziness, emphasizing an active, patient-driven "ACTION"

Sandel, Elizabeth. *Shaken Brain. The Science, Care and Treatment of Concussion*. Harvard University Press; 2000.

...provides a comprehensive, expert overview of concussion science, care, and recovery. It bridges the gap between technical medical knowledge and practical information for patients, families, and clinicians regarding Mild Traumatic Brain Injury (mTBI)

Elliott, C. (2015). *The ghost in my brain: How a concussion stole my life and how the new science of brain plasticity helped me get it back*. Viking

After a car crash in 1999, Clark Elliot felt like he was 'losing it'. Eight years on, recovery seemed unlikely. But inspired by the potential of brain plasticity, Elliot managed to turn his life around—beginning with a special pair of glasses and some challenging brain puzzles.

Morin, E. D., & Cawthorne, J. (Eds.). (2021). *Impact: Women writing after concussion*. University of Alberta Press.

...21 writers who share personal stories about navigating life, creative work, and recovery following a concussion. The collection highlights the hidden, often trivialized, and long-term challenges women face after traumatic brain injuries (TBI), exploring the painful process of redefining identity and coping with symptoms like cognitive impairment and the loss of ability to work.

LOCAL RESOURCES (Southwest Ohio)

BRAIN HEALTH COLLECTIVE – Dayton, OH

<https://udayton.edu/education/initiatives/brain-health>

CHILDRENS OF DAYTON

<https://childrensdayton.org/services/sports-medicine/concussion-management-program/>

DAYTON CENTER FOR NEUROLOGICAL DISORDERS

<https://www.dcmdinc.com/service/concussion>

... offers comprehensive care for concussions, including testing to accurately diagnose the severity of your brain injury and close monitoring while you heal

DR JAMES PRUETER, D.O. – Grove City, OH

<https://ohio-ear.com/>

...Ohio based ENT / neurotologist specializing in vestibular disorders & determining the core reasoning behind dizziness and balance issues. Dr. Jimmy's approach to dizziness emphasizes the patient's history and focused examination before automatically relying on extensive testing. The goal is to understand the problem first and then determine what additional care, testing, or treatment is actually necessary.

HILLCREST HEARING AND BALANCE – Dayton, OH

<https://hillcresthearing.com/> - hearing, vestibular, balance testing, counseling

KETTERING HEALTH NEUROREHAB AND BALANCE CENTER – Dayton, OH

<https://ketteringhealth.org/services-treatments/neurorehab-balance/>

... provides specialty care and therapy for neurological disorders and balance issues in the outpatient setting via physical, occupational, and speech therapy, case management and exercise physiology.

LABYRINTH PHYSICAL THERAPY AND WELLNESS – Dayton, OH

<https://labyrinthpt.com/>

... a private, research driven PT practice, founded to break down barriers to specialized vestibular and neurologic care making recovery faster, easier, and more accessible. Specializing in vestibular disorders, stroke, brain injury, Parkinson's disease, multiple sclerosis, and balance disorders, and offering a new way of care for people with chronic dizziness neurological injuries and disorders—one that supports long-term improvements and wellness

PREMIER HEALTH OUTPATIENT NEUROREHABILITATION – Dayton, OH

<https://www.premierhealth.com/services/rehabilitation/specialized-programs/Outpatient-Neuro-Rehabilitation>

... intensive outpatient neuro rehabilitation program for patients following hospital discharge that bridges the gap between recovery and return to active functioning via disciplines such as physical, occupational, speech, case management, and psychology.

SARAH CONOVER AND ASSOCIATES, LLC VESTIBULAR THERAPY AND COACHING – Troy, OH

... a leading vestibular therapist and certified health coach, who helps people in many parts of the world in the prime of their lives, recover from dizziness and imbalance, as well as the anxiety that oftentimes comes along, so they can get back to work, family responsibilities, and the life they love.

<https://dizzycoach.com/>

SUPPORT GROUPS

BRAIN INJURY ASSOCIATION OF OHIO LOCAL GROUPS

<https://www.biaoh.org/support-groups>

DAYTON VAMC CAREGIVER SUPPORT PROGRAM

<https://www.caregiver.va.gov/index.asp>

...through the Dayton VA –offers services to caregivers of eligible and covered veterans enrolled in the VA health care system.

KETTERING HEALTH STROKE SURVIVOR GROUP

...open to stroke survivors, family members and caregivers. Located in the Nelson Conference rooms at Kettering Health's Main Campus (3535 Southern Blvd, Kettering, OH), this group meets on the fourth Wednesday every month from 6-7 p.m. Questions? call 937-395-8099.

MONTGOMERY COUNTY STROKE SUPPORT GROUP

...located at The Rehabilitation Institute of Ohio, a joint venture between Premier Health and Encompass Health – occurs on the 3rd Thursday of each month from 6:30-8 p.m. at 835 S. Main St, Dayton, OH. Questions - Call Naomi at 937-208-3543 or email Barb at MontCoStrokeGroup@gmail.com.

PLAY4PAYNE

<https://www.play4payne.com>

...two brain injury support groups — one for survivors and one for caregivers — that run simultaneously in different rooms. The monthly meetings are on the last Monday of each month, from 6:30-7:30 p.m. at Central Christian Church (1200 Forrer Blvd. Kettering, OH).

Generic OT Home Program/Recommendations

Important General Guidelines

- **Follow the 20/20/20 Rule:** Every 20 minutes, look 20 feet away for 20 seconds.
- **Stop if Symptoms Worsen:** Mild symptom increase is okay, but stop if dizziness, headache, or other abnormal symptoms becomes severe.
- **Consult a Professional:** Follow up with your health care provider ASAP and seek local concussion based therapist for further upgrading of activities, formal assessment to assist in determining source of deficits, and addressing of symptoms with an individualized approach.
- **Pacing and Energy Conservation:** Avoid overexertion by breaking tasks into smaller chunks and alternating activity with rest.
- **Vision and Vestibular Exercises:**
 - **Gaze Stabilization:** Focus on a stationary target (like a sticky note) while turning your head side-to-side or up-and-down.
 - **Ball Transfers:** Pass a small ball from hand to hand, above eye level, turning head with each hand pass (seated or standing).
 - **Balance Toss:** stand on one foot and toss small ball back and forth with family member, while tracking ball with eyes. If too easy, take turns saying the names of specific items in the order of the alphabet (ie. A-Apple, B - Banana , C-Clementine etc etc.)
- **Cognitive:**
 - Gradually increase time spent on screens (phone, computer) or reading, starting with 5–10 minute intervals.
 - Practice memory and attention tasks, such as card sorting or simple puzzles.
- **Light Physical Activity:** Begin with light-intensity walking (15–20 minutes) if it does not significantly worsen symptoms.
- **Environmental Adaptation:** Reduce screen time, wear sunglasses when on computer if necessary (FL 41-60), and use earplugs to manage sensory input.

POKE THE BEAR BUT DO NOT MAKE IT ANGRY

CONCUSSION

FACTS



MYTHS

Seriousness

Concussions are a serious condition. Research shows that seeing a concussion care specialist the first few days after injury shortens time to recover.



Concussions are not a serious condition.

Cause

A direct blow to the head or blow to the body that results in force transmitted to the head can cause a concussion.



A concussion happens only with a blow to the head.

Signs and Symptoms

Someone doesn't need to black out to have a concussion. Signs and symptoms can be different for everyone, ranging from headache to memory changes.



You must lose consciousness (black out) to have a concussion.

Rest

After being stable for 4-6 hours, concussion patients should rest for the first 24-48 hours and maintain normal sleep schedules.



Concussion patients should be awakened every few hours after injury.

Social Interaction

Concussion patients can use technology in moderation to maintain social interactions.



Concussion patients should avoid all cell phone, tablet, and computer use during recovery.

Return to Learn

Concussion patients can go to school as long as symptoms don't get worse. They may need some environmental, physical, curriculum, or testing accommodations.



Concussion patients should not attend school until they feel better.

Physical Activity

Light physical activity is recommended after the initial rest period following a concussion.



Physical activities should not be allowed after a concussion until symptoms resolve.

Learn more by visiting:
🌐 concussion.umich.edu | <https://www.biami.org/>



