



### TIP OF THE MONTH

#### Recognizing & Responding to a Concussion

Accidents and injuries happen to everyone. Small children who have injuries on the playground, drivers in car accidents, athletes at practice, and an elderly person experiencing a fall, are all potentially at risk for concussions. It's important to be able to recognize the signs of a concussion and take proper action.

#### Common symptoms for someone experiencing a concussion include:

- Difficulty thinking clearly or concentrating
- Headaches
- Fuzzy or blurred vision
- Nausea or vomiting
- Dizziness & balance problems
- Sensitivity to light and/or noise
- Lethargy
- Irritable or sad
- Nervous or anxious
- Irregular sleep patterns

#### If a person shows extreme symptoms, it's important to take them to the emergency room immediately. These include:

- Unconscious or have had a brief loss of consciousness
- One pupil is larger than the other
- Having convulsions or seizures
- Cannot recognize people or places
- Unusual behavior
- Headache that gets worse and does not go away

#### First Response for a Concussion

In every scenario, it is important to receive an accurate diagnosis from a healthcare professional. Athletes may consider getting a preseason [baseline test](#) to give healthcare a better understanding of when it's safe to return to their sport.

#### Concussion Recovery

Physical therapy can play an important role in monitoring the [healing process after a concussion](#) has occurred. As physical therapists, we are trained in the step-by-step process of monitoring the post-concussed patient, and safely returning them to their previous activities. Parents of athletes recovering from concussions should utilize our [youth recovery guide](#) to better navigate through school and sports activities safely.

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



***“Be there for others, but never leave yourself behind”***

— Wallace Stevens

## TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

**We will ensure that they will receive great care and have a positive therapy experience with us!**

## A RECIPE FOR YOU

### Watermelon Salad

This is a great dish to have in the backyard or poolside. It's delicious and keeps you hydrated at the same time!



#### INGREDIENTS:

##### Dressing:

- 1/4th cup of olive oil
- 2 T balsamic vinegar
- 1/2 cup of fresh mint leaves chopped

##### Salad:

- 3 cups of watermelon cubed
- 1 medium cucumber chopped
- 1 cup of feta cheese
- 1/2 cup of red onions thinly sliced (optional)
- Salt to taste

#### DIRECTIONS:

1. Whisk together the dressing ingredients in a small bowl and set aside
2. Mix together the salad ingredients in a serving bowl while evenly coating with the dressing
3. Serve immediately and enjoy!

