

Patient Checklist — Concussion Care

Is this for me?

- Offered after medical clearance.
- Quiet, calm environment adapted to preference.
- Gentle neck and shoulder techniques.
- Open discussion of symptoms and tolerance.
- Paused if discomfort increases.
- Not started in the very early acute phase.
- Gradual pacing with rest built in.
- Supportive where light/sound sensitivity remains.
- Works alongside rehabilitation guidance.
- Complements medical follow-up.