

Inova Concussion Clinic  
Inova Loudoun Hospital  
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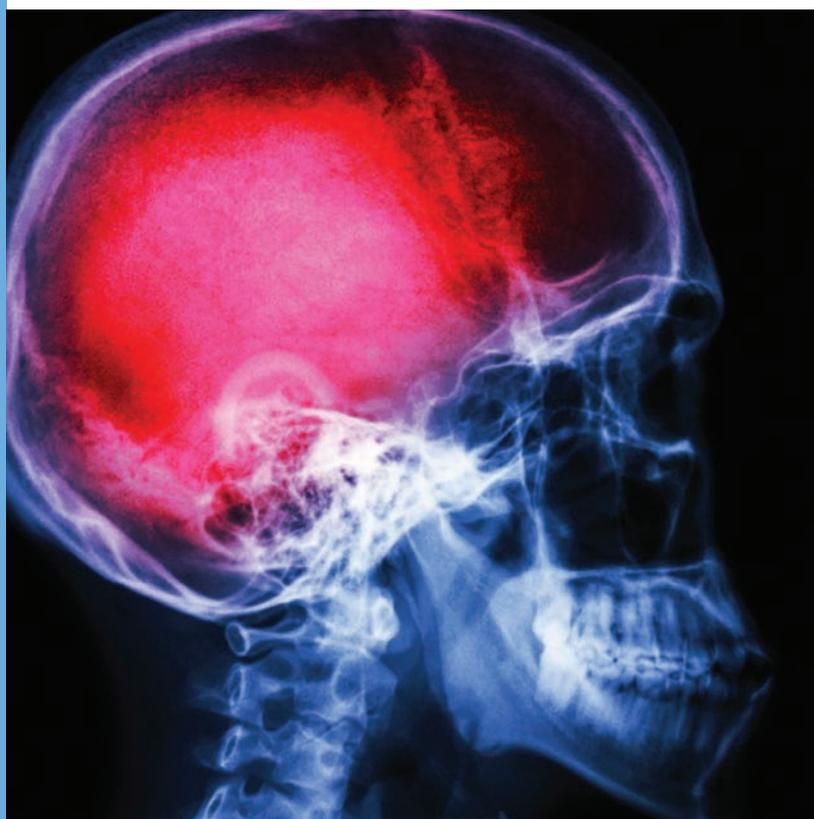
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## Inova Concussion Clinic

Inova Loudoun Hospital

### Tips to Speed Up Recovery

- Eat a well-balanced diet
- Maintain proper hydration
- Practice healthy sleep patterns
- Minimize exertion by avoiding activities that are physically or cognitively demanding
- Gradual return to normal daily activities
- Avoid head threatening activities that could lead to a second concussion (sports or high speed movements).



## What Is A Concussion?

A concussion or a mild traumatic brain injury (TBI) is a temporary disruption in the function of the brain as a result from a forceful blow to the head or body, either direct or indirect.

## Symptoms of a Concussion

- Appears dazed or stunned
- Confusion
- Slow processing
- Behavior or mood changes
- Nausea/vomiting
- Balance problems/dizziness
- Visual changes
- Headache
- Sensitivity to light or noise
- Fatigue
- Sleep dysfunction
- Any change in normal behavior

## Early Detection and Treatment

If you think you or a family member has experienced a concussion, it is recommended that they be evaluated by a healthcare professional trained in the management of concussions.

Athletes with a concussion should never return to sports or recreation activities the day of the injury. The trained healthcare professional will assist the athlete through the stages of recovery and will assist in the safe return to school/work and play activities.

## How Long Does It Take To Recover?

Most people recover fully from a concussion within 2-4 weeks. But, the exact length of time depends on many factors including severity of concussion, age, prior medical history, and post-injury self care.

## Inova Concussion Clinic

The Inova Concussion Clinic at Inova Loudoun Hospital uses a personalized, medical multi-disciplinary and collaborative team approach, coupled with advanced technology to assist individuals in recovery of a concussion.

Our multi-disciplinary team includes:

- Physician specialist medical directors
- Medical providers trained in concussion
- Physical therapists with specialty training and certification in:
  - Balance and vestibular dysfunction
  - Orthopedic injuries
  - Neuro rehabilitation
  - Certified Brain Injury Specialists (CBIS)
  - ImPACT Trained PT (ITPT) Certified Specialists
- Speech/language pathologists with specialties in Cognitive rehabilitation
- Certified Athletic trainer

**As the area's experts, Inova Concussion Clinic at Inova Loudoun Hospital is the trusted resource for:**

- Baseline testing
- Early identification through community education
- Treatment/rehabilitation
- Monitoring stages for medical clearance for return to school, athletics and other activities

### **Contact Us:**

***For more information or to schedule an appointment, call 703.858.6699.***