



POST-CONCUSSION SYNDROME

NORTH CANBERRA
Osteopathy

Like the name suggests post-concussion syndrome (PCS) is a condition that occurs after a person has experienced a concussion (typically as a result of a head injury or trauma).

WHAT HAPPENS?

While most people recover within a short period after a concussion, those who suffer from PCS may continue to experience symptoms for months or even years afterward.

SYMPTOMS

The symptoms of PCS vary widely in severity and duration however can include:

- Headaches
- Dizziness
- Cognitive difficulties
- Fatigue, and
- Mood changes.

WHY DOES IT OCCUR:



The persistence of PCS symptoms is believed to be influenced by a combination of physical, cognitive, environmental, and emotional factors.

Treatment strategies aim to identify the most influential factors for each individual and target them accordingly.

OSTEOPATHY AND PCS:

One factor that is recognized to exacerbate concussion symptoms is the presence of tension in the tissues of the neck and head that occurred during the injury. Therefore, targeted treatment for these areas has the potential to alleviate symptoms for affected individuals.

As osteopaths, we're skilled at assessing and treating neck and head tension using a variety of techniques.

At North Canberra Osteopathy our osteopaths are dedicated to helping individuals manage PCS symptoms and improve their quality of life. If you or someone you know is struggling with PCS, consider reaching out to us for personalized treatment and support.