POST-CONCUSSIVE SYNDROME

Post-concussive syndrome (PCS) is a group of symptoms that may result from mild traumatic brain injury (MTBI). These symptoms are often subtle and may go undiagnosed. Usually, they resolve within 3 months of injury, but there are individuals with MTBI (10-15%) who do continue to experience at least some of those symptoms well beyond the 3-month period.

### Physical Problems

* Headache
* Dizziness or balance problems
* Visual problems (blurred or double vision)
* Sleep disturbance
* Fatigue / lack of endurance
* Chronic pain, numbness or weakness
* Light / noise sensitivity
* Ringing in the ears
* Changes in taste and/or smell
* Nausea / vomiting
* Sensory / perceptual problems

### Emotional / Social Problems

* Changes in mood (anxiety, depression)
* Irritability
* Mood swings
* Lack of inhibition
* Apathy / lack of initiative
* Social isolation / dislike of crowds

### Cognitive changes

* Alterations in attention (concentration, multi-tasking, distractibility)
* Memory impairments (remembering future tasks, forgetting appointments or details)
* Problems with new learning, or capacity for information
* Slowed mental processing / slowed ability to process information
* Difficulty with organization, planning and prioritizing
* Language production / comprehension difficulties
* Limitations in abstract thinking or problem solving
* Impaired judgment or insight
* Problems in time management
* Overload

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