


Follow-Up Sheet (optional use) for people diagnosed with mild traumatic brain injury (concussion) – MTBI/Concussion

Date of MTBI/C: ____ / ____ / ____
Day Month Year

Date of diagnosis: ____ / ____ / ____
Day Month Year

For more information
on resuming your activities,
consult the [pamphlet](#)






Warning signs

Go to an emergency room immediately if **ANY** of these symptoms occur:

Physical
Severe or worsening headache
Repeated vomiting
Double vision or loss of vision
Seizures (uncontrollable, repeated body movements)
Difficulty walking or talking
Weakness or loss of sensation in an arm or leg
Cognitive
Deterioration in wakefulness: <ul style="list-style-type: none"> Difficulty staying awake (severe sleepiness) Confusion Loss of consciousness
Difficulty recognizing people or places
Emotional
Increasingly agitated or aggressive behaviour
Excessive crying
Unusual behaviour



Common symptoms

Here are some symptoms you may experience in the days following your MTBI/Concussion:

Physical
Headache
Dizziness - Vertigo
Blurred vision
Sensitivity to light or noise
Nausea
Fatigue
Sleep disturbance (e.g., difficulty falling asleep)
Cognitive
Feeling slowed down
Difficulty staying focused or attentive
Difficulty understanding or remembering information
Emotional
Feeling more emotional than usual (e.g., anxiety, irritability, sadness, depressive symptoms)
Other symptom(s)

It's normal to experience one or more symptoms. They may differ from one person to another. This list presents only the most common symptoms.

Step ① Active rest - 1 to 2 days

Resting does not mean doing nothing!
Continue your daily activities but take it easy.

Check off your **symptoms** and note the **changes you observe**.

Initial symptoms	During my active rest			Notes
	Stable =	Increased ↑	Decreased ↓	
Headache	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Dizziness - Vertigo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Blurred vision	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sensitivity to light or noise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Nausea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Fatigue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sleep disturbance (e.g., difficulty falling asleep)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Cognitive				
Feeling slowed down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Difficulty staying focused or attentive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Difficulty understanding or remembering information	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Emotional				
Feeling more emotional than usual (e.g., anxiety, irritability, sadness, depressive symptoms)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Other symptom(s)				
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Gradual resumption of your intellectual, physical and sporting activities on next page →

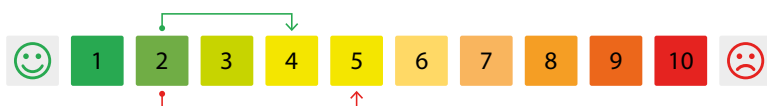
After a period of active rest, you can get back into action mentally and physically at the same time.
Resume your activities step by step, at your own pace. If necessary, record the activities you have performed, the symptoms you have experienced or any other notes, then note the date on which you completed the step.

Resuming your intellectual activities

Move on to the next step when activities are tolerated, i.e., they cause you few or no symptoms.
If your symptoms disappear quickly, you can move on to the next step sooner.

Steps	Notes (e.g., activities performed, symptoms experienced)	Step completed
2 Partial resumption (school, work, leisure) E.g., half-day work, reading, homework		Date : ____/____/____
3 Complete resumption WITH accommodations E.g., work meetings, exams		Date : ____/____/____
4 Complete resumption WITHOUT accommodations		Date : ____/____/____

It is normal for your symptoms to increase slightly during or after intellectual, physical or sporting activity (e.g., a headache that goes from 2 to 4 on a scale of 10), but they should diminish within 1 hour.



If your symptoms increase further (e.g., a headache that goes from 2 to 5 on a scale of 10), take a break. Wait until your symptoms return to the same intensity as before the activity. Then repeat the activity, but for a shorter time or less intensely.



Consult a healthcare professional if:

- Your condition does not improve much after 2 weeks.
- Symptoms prevent you from doing certain activities after 1 month.
- You have difficulty completing the steps required to resume your activities.
- You are very worried about your symptoms.

Resuming your physical and sporting activities

Follow the steps that apply to you based on your usual physical activities.

Wait at least 24 hours between each step.

Steps	Notes (e.g., activities performed, symptoms experienced)	Step completed
2 Light to moderate physical activity E.g., brisk walking, stretching		Date : ____/____/____
3 Exercises related to your usual physical activities (without risk of head injury) E.g., light jogging, snow shovelling, lawn mowing		Date : ____/____/____
GO TO STEP 4 ONLY IF: Your symptoms have disappeared during activities and at rest. You have completely resumed your intellectual activities (without accommodations).		
4 Exercises with or without teammates (non-contact) E.g., dancing, drills, skating		Date : ____/____/____
5 Complete return to non-competitive activities (contact permitted) E.g., sledding, football		Date : ____/____/____
6 Return to competition		Date : ____/____/____



During steps 4 to 6, monitor your symptoms closely.

If symptoms return during the activity, return to step 3.

Wait until your symptoms have completely disappeared before resuming activities involving a risk of collision, fall or contact.

Consult your healthcare professional if you are still having difficulty completing these steps.