

# CONCUSSION CLINICAL TRAJECTORIES

A Model for Understanding Assessment, Treatment  
and Rehabilitation



## COGNITIVE/FATIGUE

Cognitive difficulties include decreased concentration, increased distractibility, difficulty learning/retaining new information or decreased multitasking abilities. Sometimes accompanied by increased fatigue as the day progresses.



## VESTIBULAR

Impairments of the vestibular system - the balance center of the brain - affect one's ability to interpret motion, coordinate head and eye movements, or stabilize vision upon head movement.

## OCULAR

Ocular dysfunction occurs when the movement of the eyes in tandem, or binocular eye movement, is affected. This may result in difficulties bringing the eyes together, or moving one's eyes to track motion.

## POST-TRAUMATIC MIGRAINE

Post-traumatic migraine symptoms include headaches, nausea, and/or sensitivity to light or noise.



## CERVICAL

Sometimes, the concussive blow affects the extra-cranial region including the neck and/or spinal cord. An injury of this type may lead to ongoing headaches.



## ANXIETY/MOOD

This occurs when someone has a hard time turning his or her thoughts off, being particularly ruminative, of suffering from excessive worry or concern.

