

**A concussion is trauma to the brain,
or a brain injury.**



A concussion can be caused by a blow or hit to the head, face or neck, or body that causes sudden shaking of the head.

Concussions can happen during sports like hockey, soccer or volleyball, falls, or motor vehicle collisions.



Common Symptoms of Concussions

Symptoms and physical effects from a concussion can range from mild to severe depending on the severity of the trauma.

Common symptoms are:

- headaches
- dizziness
- nausea
- vomiting
- sensitivity to light and sound
- difficulty remembering or thinking
- sleep disturbances

Massage Therapy Can Help To:

Massage therapy is used to treat the ongoing symptoms associated with concussions, primarily headaches and neck pain that is a result of whiplash that occurs during the injury.

Start Treating Your Concussion Symptoms Today!

Your therapist will use a variety of techniques, postural training, stretching and strengthening to decrease neck and head pain post-concussion.

Important: Concussions can be serious and should be assessed by a trained medical professional prior to seeing a massage therapist for symptom relief and concussion protocols should be adhered to.



**Make an appointment with your MTAM
Registered Massage Therapist or find
one at mtam.mb.ca.**

Evidence-based research on how massage therapy works for this condition and more is available at massageforlife.ca. Information cards are provided by the Massage Therapy Association of Manitoba as a courtesy to our members.