



Individualised Concussion Treatment Plans

**ONE
REHABILITATION
SERVICE**



CONCUSSION SERVICE

ONE Rehabilitation Service provides assessment, intervention, and support for people with persistent concussion symptoms.

Concussion is a mild traumatic brain injury. Most healthy adults recover from a concussion in 2-3 weeks with initial rest and gradual return to their normal activities. Recovery can be quicker, and persistent symptoms prevented, with early referral to an allied health team that can assess, educate, and prescribe rehabilitation exercises & strategies.



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Some people continue to experience symptoms beyond 2-3 weeks, due to physical and/or non-physical factors. In this instance targeted treatment, exercises, and strategies are required to support recovery.

Our assessment process determines the factors contributing to your delayed recovery and helps to establish a treatment plan to help you get your recovery on track.

If you are struggling to return to work, study, sport, or anything else important to you because of persistent concussion symptoms, ONE Rehabilitation Service can help you.

Call us to book an appointment today.



PERSISTANT CONCUSSION SYMPTOMS

Headache
Dizziness or unsteadiness
Fatigue and sleep disturbance
Changes in mood
Nausea
Poor memory or concentration
Reduced alcohol tolerance
Blurred or double vision
Noise or light intolerance



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