



WASATCH
PHYSICAL THERAPY

Back to life

CONCUSSION TREATMENT PROGRAM

Wasatch Physical Therapy is experienced in treating a wide variety of patients suffering from post concussion symptoms.

Because every concussion is unique, we use the latest technology from  to provide the best possible treatment available. We help patients achieve their goals and get them back to learning in school, participating in sports, and enjoying life.

PHYSICAL THERAPY TREATS CONCUSSIONS BY:

- RESTORING PROPER MUSCLE CONTROL
- EDUCATING ON PROPER REST AND RECOVERY
- DECREASING PAIN AND SENSITIVITY
- IMPROVING BALANCE
- DECREASING DIZZINESS
- IMPROVING CONCENTRATION
- PROVIDING A MONITORED RETURN TO ACTIVITY

HOW DO YOU KNOW IF YOU HAVE A CONCUSSION?

CONCUSSIONS ARE RARELY DIAGNOSED WITH AN MRI OR CT SCAN. RECOGNIZING THE SYMPTOMS OF A CONCUSSION LEADS TO DIAGNOSIS.

COMMON CONCUSSION SYMPTOMS:

- HEADACHES, NAUSEA, VOMITING
- BALANCE PROBLEMS
- DECREASED REACTION TIMES
- DIZZINESS, CHANGES IN VISION
- SENSITIVITY TO LIGHT OR SOUND
- CHANGES IN SLEEP PATTERNS
- DIFFICULTY CONCENTRATING
- DIFFICULTY REMEMBERING
- CHANGES IN MOOD
- INCREASED IRRITABILITY
- DEPRESSION, ANXIETY, SADNESS

CONCUSSION SYMPTOMS CAN INCREASE IN INTENSITY OVER TIME, OR WITH INCREASED MENTAL STRESS DURING SCHOOL OR WORK

TO DISCUSS TREATMENT OPTIONS CONTACT:

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