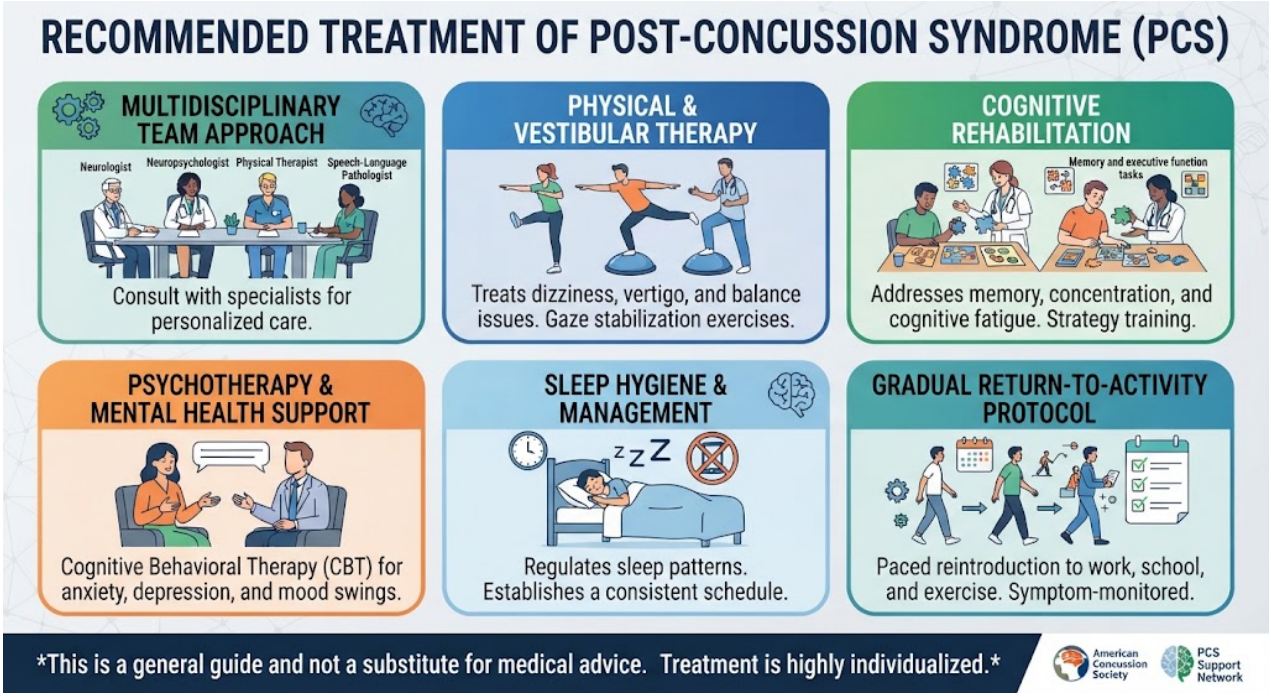
Post-Concussion Syndrome Treatment

There is no single treatment that resolves post-concussion syndrome for everyone. Instead, care is personalised to the specific symptoms a person is experiencing, and usually draws on several complementary approaches rather than one alone. Medication and generic cognitive rehabilitation programs on their own have limited evidence for restoring cognitive function after concussion, which is why treatment at BNC is built around your specific symptom profile rather than a one-size-fits-all program.



Rest and Activity Management

In the early stages, physical rest, avoiding activities that worsen symptoms, is generally recommended, though prolonged bed rest is not advised. Activity is gradually reintroduced as tolerated. Cognitive rest, such as limiting screen time and mentally demanding tasks in the first days or weeks after injury, is often recommended alongside physical rest, with both gradually increased as symptoms allow.

Symptom-Specific Treatments

Because PCS symptoms vary so widely, treatment is generally matched to what a person is actually experiencing:

- **Headaches and sleep difficulties:** best discussed with your GP or a specialist, who can advise on appropriate medication or referral
- **Mood symptoms:** psychological treatments such as cognitive behavioural therapy and counselling can help manage low mood, anxiety and irritability
- **Dizziness and balance problems:** vestibular therapy can be helpful, often in conjunction with a psychologist supporting cognitive strategies for coping day to day

Lifestyle Adjustments

Alongside targeted treatment, several lifestyle factors support recovery: stress management through mindfulness or relaxation techniques, balanced nutrition and adequate hydration, and – where needed – multidisciplinary care involving neurology, physiotherapy, psychology and nutrition working together.

Why is nutrition important for recovery from concussion ?

Achieving and maintaining optimum nutrient status after concussion is vital for supporting the brain’s metabolic needs, reducing inflammation, repairing neural tissue, and preventing secondary complications. A diet rich in macronutrients, micronutrients, and specific neuro-supportive compounds (like DHA and antioxidants)

is recommended to help ensure the most efficient and complete recovery possible. See out page on Nutrient needs Post-concussion.

What Not to Do

Avoid alcohol and recreational drugs while recovering, and avoid activities that carry a risk of a further head injury. Listen to your body rather than pushing through severe symptoms, if a particular activity consistently makes symptoms worse, that's a signal to ease back rather than push through.

Most people recover within weeks to months of a concussion, though some experience longer-lasting effects requiring the more structured, multimodal approach described above.

Treatment planning begins with a thorough assessment — read more about our Post-Concussion Syndrome Assessment process.

Frequently Asked Questions

Is there a cure for post-concussion syndrome?+

There isn't a single cure, but most people improve significantly with the right combination of rest, symptom-specific treatment and lifestyle support. Treatment focuses on managing and reducing symptoms while the brain recovers, rather than a one-off fix.

Does medication treat post-concussion syndrome?+

There is no medication that treats PCS as a whole. Medication may be used to manage specific symptoms, such as headaches or sleep difficulties, and is best discussed with your GP or a specialist alongside your broader treatment plan.

How long does treatment for PCS take?+

This varies considerably between individuals. Many people see meaningful improvement within weeks to months, while others with more persistent symptoms may need a longer, more structured multimodal approach.

Can children and adults both be treated for PCS?+

Yes. Treatment approaches are adapted for age – for example, cognitive rest recommendations and the pacing of activity reintroduction differ between children, adolescents and adults, and your psychologist will tailor the plan accordingly.

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