

## May 26 - Physiotherapy Can Help with Concussion Rehab

A concussion is a form of brain injury caused by an impact or forceful motion to the head or body that causes the brain to move inside the skull. A concussion can have a significant impact on physical, cognitive, and emotional functioning. Physiotherapists can screen for concussion and treat impairments. An appropriate treatment care plan and exercise prescription help the individual in their recovery and return-to-activity.

<https://physiocanhelp.ca/blog/concussion-management-physiotherapy/>



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