

Concussion - Pathway to Recovery Program

Session 8 - Therapist guide

Dizziness, balance, and executive function

Review treatment goals

- Look at goals from Session 1: where are symptoms and functions currently in comparison to goals
 - Revise goals: reset and write a new goals worksheet
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Dizziness and balance

- After traumatic brain injury dizziness happens in 70% or more cases. We stand and move around, under our muscles make fine movements within milliseconds, all coordinated by the brain. After traumatic brain injury these findings movements are impaired, and the brain perceives this imprecise movement as dizziness as a means of trying to prevent us from falling.
 - It is natural to fear walking, especially on uneven ground, after traumatic brain injury. Physical therapy aimed at improving balance is necessary in many cases, and we advise nearly all patients after traumatic brain injury to begin a course of regular walking and movement to improve dizziness.
 - *One excellent way of recalibrating our brains is to pursue a stretching and balance routine, see attached.*
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Cognitive therapy for executive function

- Strategies to improve attention — we need to think differently after a traumatic brain injury
 - **Stepping back**
 - Assess the situation and don't rush. Think about things for a few moments before starting.
 - **Initiating and starting**

- As a few questions: What is it I want to achieve?
- What I want to improve on regarding the current situation?
- What options are available?
- Set a specific goal
- **Sequencing and planning**
 - Set to the steps needed to achieve the tasks
 - Simplify the task, broken down into small pieces, and write these down
 - Follow up the steps in the correct order
- **Summarizing**
 - Try to identify the main points and details: What is important and what is not important?
 - Imagine that your above information, try to get a helicopter view. Yourself by starting and finishing sentences: “The main idea is...”
- **Sustained attention**
 - Remove distractions
 - Use external cues
- **Work at your best time of day**
 - Take frequent rests
 - In the middle of complex tasks, check everything to make sure it is going according to plan
- **Self-monitoring**
 - Have I accomplished what I wanted to accomplish?
 - Use a checklist and checking one’s work
- **Shifting and solving problems**
 - Look and recognize errors and then try to do the test different. Try to be flexible. What are other options?
 - Allow more time to do the task

Saturday, February 16, 2019

- *Homework - 4 worksheets*

Homework

- Continue mindfulness daily
- Complete executive functioning worksheets
- Continue progressive relaxation exercises
- Daily balance and stretching exercises