

## Concussions & UCC

A concussion is a type of **traumatic brain injury**—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells. ([www.cdc.gov](http://www.cdc.gov))

## Proper Concussion Care

There are many myths and confusion about how to care for your brain after experiencing a concussion. Many people don't realize the severity of even a mild concussion and that they can be caused by a direct or indirect hit to the head or body. **Proper care during the first week is crucial** to ensure your recovery.

## Immediately following the incident:

- You should remain awake for two to three hours and be continually monitored.
- You should NOT DRIVE or be left alone.

### **For the first 3-4 days following the incident:**

- Physical and cognitive REST is critical.
- No driving, no screen time, no reading, no school, no homework, no physical activity.

## Can an Upper Cervical Correction Help?

**The most common misconception about Upper Cervical care is that it only helps back and neck pain.**

Upper Cervical care is based on the universal law of cause and effect. For every effect or symptom, physical or mental, there must be a cause.

Upper Cervical doctors recognize that the body is a self-healing organism, controlled and coordinated by the central nervous system, which is protected by the skull and spine.

*Using a gentle technique, Upper Cervical doctors locate and remove interference to the nervous system, allowing the body to heal itself naturally without drugs or surgery.*

## Align Your Spine!

If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems.

***When you suffer a concussion from a head injury, you have also sustained a neck injury, namely a misalignment in the upper cervical spine (neck).*** An Upper Cervical doctor can help you get realigned.



SCAN HERE FOR REFERENCES



*If you recently suffered a concussion and would like to seek advice from an Upper Cervical Chiropractor, please schedule an appointment today!*  
**onetemplewellness.com**