

Level 2: Light aerobic exercise such as walking or stationary cycling (no resistance exercise or weightlifting). If no symptoms have been experienced for 24 hours after physical activities at this level proceed to Level 3.

Level 3: Sports-specific exercises (e.g. running on a soft surface, road cycling, gentle swimming). When no symptoms have been experienced for 24 hours after physical activities at this level proceed to Level 4.

Level 4: Non-contact participation in sporting activities (e.g. drills and skills-type training for football or rugby). When no symptoms have been experienced for 24 hours after physical activities at this level proceed to Level 5.

Level 5: Full contact training followed by a return to the game play if no symptoms have occurred on full contact training.

Please retain this leaflet for future reference

Contact Details

If you have any questions please telephone the RUH Emergency Department on

01225 824000 (day)
01225 825015 (night)

Royal United Hospitals Bath
NHS Foundation Trust
Combe Park, Bath BA1 3NG
01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.PatientAdviceandLiaisonService@nhs.net
or telephone 01225 825656.

Head Injury: Adult



Read these instructions carefully before you leave. Please ask a member of staff if you have any questions.

You have suffered a head injury and assessment and treatment has been given in the Emergency Department.

You do not need to be admitted to hospital, **but observation is still very important for the next 24-48 hours.** You should be observed by a 'responsible adult'. Do not drink alcohol or take sedative drugs or sleeping tablets.

If you have:

- Severe headache (particularly if it is increasing)
- Abnormal behaviour
- Repeated vomiting
- Worsening vision
- Increasing drowsiness, or more serious loss of consciousness
- A fit....

..... then you must be brought back to the Emergency Department immediately or seek medical advice. If there has been a rapid change in condition, call **999**. If you are in any doubt at any time, **ring and**

ask for advice. The telephone number is on the back of this leaflet.

You may be advised to be woken up and re-checked by your 'responsible adult' after your bedtime.

Post-Concussive Syndrome

A significant percentage of people who have had a head injury will suffer some ongoing minor symptoms for a period of days or weeks afterwards. The most common symptoms are recurrent headaches, excessive tiredness, some difficulty in concentrating on tasks requiring close attention and in many cases some irritability with or without mood swings. These are very common symptoms after a head injury and usually settle fairly rapidly over about a week to 10-days.

To help you make a rapid recovery you should avoid the following:

- Becoming overstressed or overtired
- Prolonged periods of concentration on bookwork or computer tasks
- Excessive physical exertion
- Alcohol

It is important to use regular, simple painkillers (such as Paracetamol) for headaches. It is also important to maintain a natural pattern of wakefulness and sleep. Falling into a pattern of taking daytime naps will disturb night-time sleep and often makes symptoms of lethargy and irritability worse.

Low level physical activity is good for promoting recovery, however, excessive physical exertion can be detrimental to recovery.

Sporting activities after a head injury

After a head injury, avoid physical exertion for at least 24-hours.

The following stepwise approach to a return to sporting activities is recommended:

Level 1: No physical activity with complete rest being taken at home. When no symptoms of headache or lethargy have been experienced for a period of 24-hours proceed to Level 2.