

Concussion Physiotherapy Edmonton: Supporting Recovery and Safe Return to Activity



A concussion can affect more than just the head. Symptoms may include headaches, dizziness, balance difficulties, visual disturbances, neck pain, sensitivity to movement, difficulty concentrating, and reduced tolerance for physical activity. [Concussion Physiotherapy Edmonton](#) can support recovery by addressing physical symptoms and helping individuals gradually return to their normal activities.

Every concussion can present differently, so rehabilitation should be based on the individual's symptoms, functional limitations, and recovery needs.

What Is Concussion Physiotherapy?

Concussion physiotherapy involves assessing physical factors that may contribute to ongoing symptoms following a concussion. Depending on the individual's presentation, assessment may consider neck mobility, balance, vestibular function, eye and head movements, movement patterns, and tolerance to physical activity.

A personalized rehabilitation program can then be developed to address identified limitations and support gradual progression.

Common Symptoms After a Concussion

People recovering from a concussion may experience:

- Headaches or head pressure
- Dizziness or vertigo
- Balance difficulties
- Neck pain and stiffness
- Blurred or uncomfortable vision
- Sensitivity to light or noise
- Difficulty concentrating
- Fatigue
- Reduced tolerance for exercise
- Difficulty returning to work, school, or sports

Persistent or worsening symptoms should be evaluated by an appropriate healthcare professional.

How Can Physiotherapy Help With Concussion Recovery?

Concussion Rehabilitation Edmonton may include several treatment strategies depending on the individual's symptoms and assessment findings. These may include therapeutic exercise, vestibular rehabilitation, balance exercises, gaze stabilization, neck rehabilitation, movement retraining, and gradual activity progression.

The goal is to improve physical function while helping the individual progressively tolerate everyday activities.

Vestibular Rehabilitation for Concussion

Some people experience dizziness, balance problems, motion sensitivity, or visual symptoms following a concussion. [Vestibular Rehabilitation Edmonton](#) may be incorporated when vestibular or balance-related problems are identified.

Exercises can be selected according to the individual's presentation and may focus on balance, eye-head coordination, gaze stability, and tolerance to movement.

Returning to Work, School and Sports

Returning to normal activities after a concussion should be gradual and based on individual recovery. Physiotherapy can help patients understand activity tolerance and progress physical demands appropriately.

For athletes, sports concussion rehabilitation may include progressive exercise and activity-specific rehabilitation before returning to full participation. Similar principles can be applied when progressing toward work, school, exercise, and other daily activities.

Personalized Concussion Rehabilitation in Edmonton

At [Rutherford Physiotherapy Edmonton](#), rehabilitation programs can be tailored around each individual's symptoms, physical limitations, and recovery goals. Physiotherapy may incorporate exercise therapy, manual techniques, balance training, mobility work, and progressive activity depending on the patient's assessment.

A structured rehabilitation approach can help individuals work toward improved movement, physical tolerance, and a gradual return to their usual activities.

Supporting a Safe Recovery

Concussion recovery can vary significantly from person to person. Appropriate assessment, symptom monitoring, and gradual progression can help guide rehabilitation and reduce the risk of returning to demanding activities before the individual is ready.

If you are experiencing ongoing physical symptoms after a concussion, Concussion Physiotherapy Edmonton may be an important part of a comprehensive rehabilitation plan.