

What is Post-Concussion Syndrome (PCS)?



The definition

Post-Concussion Syndrome (PCS) is the persistence of concussion symptoms beyond the typical course of recovery. After 1-2 months of persistent symptoms, doctors may diagnose patients with PCS.

Can you treat PCS?

Yes! A concussion specialist can refer you to a number of targeted therapies for PCS symptoms.

Visit our Resource Center to find our PCS treatments list at: ConcussionFoundation.org

You are not alone

- **10% of high school aged** concussion patients will have PCS.
- **About 20% of other age group** and population patients will develop PCS.
- **There is hope.** PCS symptoms will not last forever. Most patients make a full recovery.
- **PCS is not the same as CTE**, which is a progressive, degenerative disease caused by repetitive head trauma. PCS is the persistent symptoms from a single concussion, and gets better with time and treatment.
- **PCS is real.** It is important to believe anyone who says they are experiencing persistent concussion symptoms.

SYMPTOMS

Physical	Sleep	Cognitive	Mood & behavioral
<ul style="list-style-type: none">• Headache• Dizziness• Nausea• Sensitivity to light and noise• Blurry or double vision• Fatigue	<ul style="list-style-type: none">• Sleeping more than usual• Trouble falling asleep	<ul style="list-style-type: none">• Short-term memory loss• Trouble concentrating• Difficulty multi-tasking• Lack of focus• Slow processing	<ul style="list-style-type: none">• Anxiety• Panic attacks• Depression• Irrational anger• Increased sadness• Irritability

Learn more

Go to ConcussionFoundation.org/PCS or scan QR code

