

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 one month 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 Centre to find our PCS treatments list at: ConcussionFoundation.ca

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 & behavioural
<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

