

# 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 Centre to find our PCS treatments list at: [ConcussionFoundation.uk](https://www.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 & behavioural
<ul style="list-style-type: none"><li>• Headache</li><li>• Dizziness</li><li>• Nausea</li><li>• Sensitivity to light and noise</li><li>• Blurry or double vision</li><li>• Fatigue</li></ul>	<ul style="list-style-type: none"><li>• Sleeping more than usual</li><li>• Trouble falling asleep</li></ul>	<ul style="list-style-type: none"><li>• Short-term memory loss</li><li>• Trouble concentrating</li><li>• Difficulty multi-tasking</li><li>• Lack of focus</li><li>• Slow processing</li></ul>	<ul style="list-style-type: none"><li>• Anxiety</li><li>• Panic attacks</li><li>• Depression</li><li>• Irrational anger</li><li>• Increased sadness</li><li>• Irritability</li></ul>

