

Recommendations and Activity Restrictions

- Return to school or work gradually, with a modification in workload to start.
- No academic exams and limit screen time including phones, TV, and computer use for at least one week
- No gym, sports, or other strenuous activities, but light exercise recommended.
- Drink plenty of water to prevent dehydration.
- Supplement with vitamins per your doctor's recommendations.

PREVENTION TIPS

- Wear appropriate standardized protective equipment and/or helmets.
- Practice fair play. Including teamwork and sportsmanship.
- Prepare with physical conditioning, exercise, and skill training.
- Consider environmental factors, such as condition of field, space, driving conditions, and household safety.



Our Locations

Southport

2600 Post Road, Southport, CT 06890
(203) 255-4005

Trumbull

6515 Main Street, Trumbull, CT 06611
(203) 374-2020

Norwalk

444 Westport Avenue, Norwalk, CT 06851
(203) 840-1991

Stamford

1425 Bedford Street, Stamford, CT 06950
(203) 357-0204

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Traumatic Brain Injury (TBI)

WHAT IS A Traumatic Brain Injury

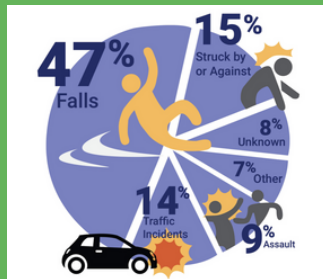
A TBI is caused by a bump, blow, or jolt to the head, or a penetrating head injury that disrupts the normal function of the brain. Not all blows or jolts to the head result in a TBI. The severity of a TBI may range from mild, a brief change in mental status or consciousness, to severe, an extended period of unconsciousness or amnesia after the injury. Most TBIs that occur each year are mild, commonly called concussions.

TBI STATISTICS

Traumatic brain injury (TBI) is a major cause of disability in the United States. Approximately 8 million concussions are reported each year.

CAUSES OF TBI

- Falls
- Motor Vehicle Accidents
- Assaults
- Sports Events



Common Signs and Symptoms

- Loss of consciousness
- Dazed or confused state
- Headaches, nausea, or vomiting
- Sleeping pattern changes
- Light and/or sound sensitivity
- Memory or concentration problems

VISUAL SYMPTOMS

- Blurred vision
- Sensitivity to light and crowded environments
- Reading difficulties
- Headaches with reading/visual tasks
- Comprehension, attention, or memory challenges
- Double vision
- Loss of field of vision

RED FLAG SYMPTOMS

- Increased drowsiness/cannot be awakened
- Headaches/neck pain worsened
- Persistent vomiting
- Unequal pupil size
- Seizures
- Confusion or short term memory loss
- Blurred/double vision, slurred speech, and/or loss of motor function
- Changes in behavior

TBI Treatment Options

- Medications
- Supplementation
- Stress-Relieving Lenses and Prisms
- Vision Therapy
- Optometric Phototherapy
- Physical Therapies (including massage, cranial sacral therapy, chiropractic)
- Stress Management (including psychological services)



VISION DEFICITS FROM TBI

Current research indicates that approximately 80% of patients that suffer from a traumatic brain injury struggle with vision deficits. Even if a patient pass the basic vision exam with "20/20". it is possible to have difficulty with visual function. " 20/20" measures only visual acuity, which is only one of many visual functions. Vision is the most important source of sensory information. Because there is a close relationship between vision and the brain, TBIs can disrupt the visual process, interfering with the flow and processing of information.