

Hit your head? Don't just shake it off

SOT

Charlotte Davis, concussion patient at OSF HealthCare in Alton, Illinois

"I tried to drive one day. I hit a flower pot, drove through the ditch, missed my turn, forgot where I was going three times. My eight year old granddaughter told her mom, 'Please don't let Mawmaw drive anymore. She's scaring me.'" (:16)

SOT

Kelly Bogowith, physical therapist at OSF HealthCare in Alton, Illinois

"All concussions are a form of at least mild traumatic brain injury. So it's important to make sure that you get assessed and also ensure that you're not playing sports later that same day. A provider can give you education on how long you should be sitting out from sports and other physical activities, as well. And that might even include work." (:20)

SOT

Kelly Bogowith, physical therapist at OSF HealthCare in Alton, Illinois

"Sometimes with concussions, we may not have symptoms for hours or even weeks afterwards. So it's important to get checked out by your physician, urgent care, emergency department, or athletic trainer, depending on your setting. But it's not something to shake off. And it can be especially important, too, to not have a second concussion because that can be very dangerous and even deadly." (:21)

SOT

Ashley Brim, speech language pathologist at OSF HealthCare in Alton, Illinois

"[Speech therapy] can range within working on targeting problem solving skills. So, either really basic problem solving all the way up to reading paragraphs of information. And trying to figure out information that, most of the time, people don't think about. We can just read it and figure it out. But when you have a concussion, and that is impacting you, it makes it 10 times more difficult." (:22)

SOT

Ashley Brim, speech language pathologist at OSF HealthCare in Alton, Illinois

"We work on a lot of memory tasks. Exercises for working on memorizing word lists, figuring out different ways to help the patient memorize things better. So they associate the word to something else and then they use those associations to be able to remember what has been said to them and chain it all together." (:24)

SOT

Charlotte Davis, concussion patient at OSF HealthCare in Alton, Illinois

"I want people to know that it's important. I understand that it's a pain. It's not always convenient. There are always other things people want to do. But if your doctor says to do therapy, I 100% will tell you: go to therapy. You don't know how bad you need it until you actually go." (:20)