



# CTE Hope

Research. Development. Support. Advocacy.

## POST-CONCUSSION SYNDROME (PCS)

Signs and symptoms that linger for months to even years after a concussion is known as post-concussion syndrome (PCS), which can cause debilitating symptoms that affect your everyday lifestyle. A sign is a visual indication that something is wrong and a symptom is something that the patient/athlete expresses to the Healthcare Provider. For example, bruising behind the ear is a sign and a headache is a symptom.

### BELOW ARE SOME OF THE MORE COMMON SIGNS AND SYMPTOMS OF PCS:

Anyone suffering a concussion should be seen by a medical professional, preferably with concussion experience.

Headaches	Fatigue	impaired Vision
Anger		
Dizziness	Irritability	Cannot Tolerate Stress
Lack of Motivation		
Changes in Personality	Memory Problems	Impaired Cognitive Function
Little Focus		
Concentration Problems	Sleep Problems	Heightened Emotions
Apathy	Depression	Anxiety

## SECOND IMPACT SYNDROME (SIS)

Suffering a second concussion while still recovering from the first concussion is known as Second impact syndrome. Second impact syndrome can lead to severe brain damage and has a 50% mortality (chronic and/or permanent damage) rate, and even death.

Every concussion must be evaluated by a Certified Athletic Trainer or a trained Healthcare Provider to make sure the brain has recovered before they return to activity. Each individual concussion must be evaluated and taken through the appropriate return to work, return to learn and return to play protocols based on your state associations, public health guidelines, athletic unions or proper work procedures.