

Bowenwork is an incredibly effective and quick treatment for Concussion and Post-Concussion Syndrome (PCS). With a few sessions the symptoms abate and the person can resume normal activities. If the concussion was caused by a sport, the athletes are almost always cleared to return to play.

"Post-concussion syndrome (PCS), refers to the lingering symptoms following a concussion or a mild traumatic brain injury (TBI). It is typically diagnosed when a person who has recently suffered a head injury continues to feel at least three of the main symptoms following a concussion. These include dizziness, fatigue, and headaches.

Post-concussion syndrome can begin to occur within days of the head injury. It can sometimes take weeks for the symptoms to appear.

Concussions typically occur after a person falls, gets into an auto accident, is the victim of a violent assault, or suffers a blow to the head during impact sports—especially boxing and football and rugby.

The severity of the concussion or TBI plays no role in the likelihood of developing PCS.

After a concussion or traumatic brain injury, a doctor may diagnose post-concussion syndrome by the presence of at least three of the following symptoms:

headache

dizziness

vertigo

fatigue

memory problems

trouble concentrating

sleeping problems

insomnia

restlessness

irritability

apathy

depression

anxiety

personality changes

sensitivity to noise and light"