

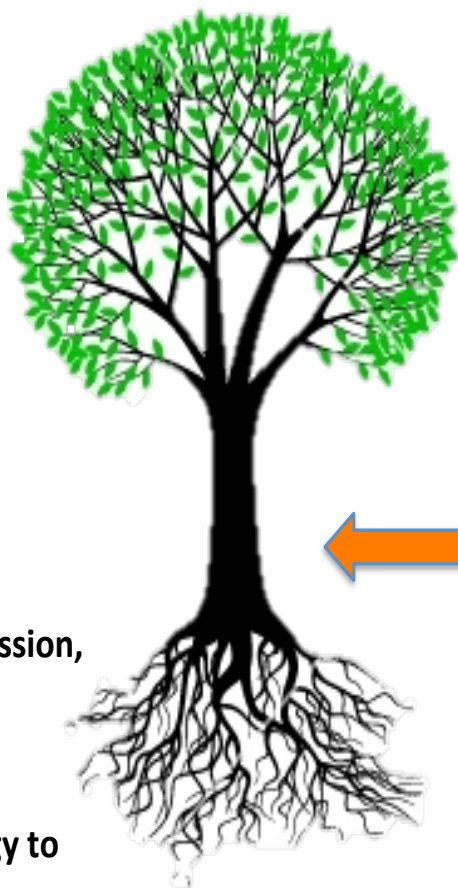


# Get Schooled On Concussion

Inefficient Brain Cells = Tree Analogy

June 2016 Issue # 22

## Tree Analogy



1. With a concussion, the cells are temporarily “inefficient” in providing energy to the brain.

2. When the brain exerts more energy than the cells can supply, the brain “runs on empty”. Symptoms are the manifestation of “running on empty” ie. headaches, dizziness, fatigue, difficulty thinking, impacted sleep, dysregulated emotion are common symptoms that flare.

3. While providing interventions to symptoms once they flare will temporarily make the student feel better, the key to healing the cells (roots) without flaring the symptoms (leaves) is to intervene at the level of the trunk – support the:

- ✓ Mental Fatigue
- ✓ Slowed processing speed
- ✓ Short-Term Memory concerns

#RTL4RTP

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