



Physiotherapists:
The Body Specialists

Physio Tips

**HELMETS
AND HEAD
INJURIES**

Physiotherapy Association of BC

The Physiotherapy Association of BC (PABC) advises: During active holiday period wear helmets.

Enjoying skiing, snowboarding, skating, cycling and participating in other outdoor activities means you may be at higher risk for injury, including a concussion or a more serious brain injury.

A Canadian study indicates that even one major concussion can result in poorer memory, decreased reaction times, and a decline in motor skills later in life.

Physiotherapists advise families to enjoy outdoor activity. PABC is reminding families to exercise caution when taking part in activities where they may be at risk for a head injury.

PABC recommends the use of properly fitted, approved helmets for sports like tobogganing, snowboarding, skiing, cycling, and skateboarding.

While helmets do not prevent all head injuries, they offer effective protection that can minimize the effects of a blow to the head.

Any time an individual is doing an activity where they are going faster than their own speed, they should be wearing a helmet.

If you think there is a risk of a concussion, here are some of the signs to watch for:

- Physical symptoms including headache, nausea, fatigue, dizziness, confusion, ringing in ears, or vision loss
- Behavioral changes including irritability and anxiety
- Cognitive changes including memory loss, slowed thinking, or lack of concentration.

For any of these symptoms, you should immediately seek medical attention and make sure that you do not take part in any activity that could cause a second blow to the head.

In the case of a diagnosis of a more serious brain injury, consider consulting a physiotherapist. Physiotherapists, whether they work in hospitals, rehab settings, or private clinics, are a vital part of the team in the recovery and rehabilitation process for anyone who has sustained serious brain injury. A physiotherapist will assess your physical skills and abilities and provide a treatment plan to ensure maximal recovery and a safe return to regular activities.

Physiotherapists are experts in movement and mobility, body mechanics, muscles and joints. They will help develop an exercise program specially-tailored to your needs, putting together the right combination of activities to improve physical fitness and avoid injury.

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