

The logo for Britt Zink Physical Therapy Services LLC features a colorful, multi-layered circular design in shades of blue, purple, red, orange, and green. The text "Britt Zink" is written in a bold, red, sans-serif font, and "Physical Therapy Services LLC" is written in a bold, white, sans-serif font on a dark red background below it.

Britt Zink
Physical Therapy Services LLC

MSPT, Cert MDT, ITPT
brittzinkpt.com



You Suspect your Child has a Concussion: What should you do?

Remove your child from activity immediately.

Keep your child out of play the day of injury and until they are returned to return to their activity by a healthcare provider who is trained in the assessment and management of concussion care.

Seek Medical Attention Right Away

A Healthcare Professional trained in the assessment and management of concussion care should assess your child to determine the seriousness of the injury and determined when your child can return to activity

**Keep your Child Home From School and Out of
Activities**

Concussions need time to heal. Allowing your child to participate in schoolwork, and other activities that stress their brain (watching television, playing videogames, using the computer, texting, etc) can make their symptoms worse, and may actually make their condition worse and delay healing.

Your healthcare provider will determine when it is appropriate for your child to return to school and other activities