

REINTRODUCING STIMULATION

FOR TRAUMATIC BRAIN INJURY

STIMULATING ACTIVITY

Added into patient's routine in a **step-wise** manner

Introduce stimulating activities when patient has **minimal** to **no** post head injury **symptoms**



SYMPTOMS TO WATCH FOR

HEADACHES
INCREASED FATIGUE
RESTLESSNESS
VISION SENSITIVITY



BEGIN NEW STIMULATING
ACTIVITIES FOR

10-15
MINUTES

MONITOR SYMPTOMS
OF PATIENT FOR

30-40
MINUTES

IF ACTIVITY DOES NOT
INDUCE SYMPTOMS, ADD

10-15
MINUTES

EXAMPLES OF ACTIVITIES

PHYSICAL EXERTION

- BRISK WALK
- RUNNING
- CYCLING

MENTAL STIMULATION

- READING
- GAMES
- PUZZLES

ENVIRONMENT STIMULATION

- NOISY ENVIRONMENT
- BRIGHT LIGHTS
- TELEVISION/COMPUTERS
- SMART PHONES

LOW & SLOW IS THE WAY TO GO, INTRODUCE SCREENS **LAST**



London Health Sciences Centre

Trauma Program

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