



[Brain Injuries Recovery Strategies](#)

by [Traumatic Brain Injury Attorneys](#) on 08/23/10 at 12:50 pm

Before you even can begin to [recover from brain injury](#), the doctors should observe you and decide the best treatment strategy that you can use. Not all symptoms caused by a *brain injury* will be experienced by all patients. Some patients have to deal with less issues than others whereas others have to deal with much more.

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For instance, behavioral disorders are expected as a result of a traumatic [brain injury](#). However, not everyone experiences personality changes or aggressive behavior. To determine the extent of emotional and physical injuries, a battery of diagnostics will need to be conducted. Once the situation is fully understood, then strategies will have to be formalized. The options are:

Physical Therapy – This involves working with the physical therapist to resolve any issues with movement and skill movements like holding objects or mobility.

Behavioral Therapist – For problems pertaining to actions and reactions to events, other people, and dealing with the problem at hand, most doctors insist that the individual undergo behavioral therapy. During this therapy, the physician will focus on the inner workings of the patient to determine his or her acceptance of the situation. After all, there will be some aspects that they can control, and others may need a little help from drugs, especially mood swings and aggressive behavior disorders caused from the brain injury.

Occupational Therapist – During this therapy, the patient will learn how to take care of his or her daily needs like cleaning, getting dressed, living within a structured environment where there may be uncontrollable factors like weather, interacting with other people in a positive and productive manner.

All of these methods work together to help the individual cope with the situation and deal with their [traumatic brain injury](#). By stressing that healing takes time, hard work and effort, individuals are better able to cope with the challenges that lie ahead. There will be the usual period of denial and anger, but with encouragement and patience, this shall pass. The doctors and therapists work as a team, and make adjustments as needed to provide quality care.

Contact a Sacramento Brain Injury Lawyer

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