



How To Approach Mild Traumatic Brain Injury Treatment

by [Traumatic Brain Injury Attorneys](#) on 06/22/10 at 8:58 pm

Mild [traumatic brain injury](#) does not mean that proper care should be ignored or taken lightly. On the contrary, there are actually different angles you have to pay strict attention to which includes the medical and psychological effects of mild traumatic brain injury treatments. This is because it is entirely probable that the patient's life could turn topsy-turvy and affect the lives of the people around them if one chooses the wrong treatment option.

You may have been discharged from the hospital or clinic and as such you were probably given specific instructions on what to expect, the type of medication to take and possibly the side effects you might experience.

For example, let's take Sue who was involved in a vehicular accident. She experiences tremendous pain right after impact but after time her pain decreases. Her physician puts Sue on a limited pain medication plan that significantly reduces the pain medication as time goes on. Therefore, Sue doesn't experience any pain addiction issues or other negative side effects from prolonged pain medicine usage.

The motto of this is, consult your physician and when your pain medication dosages are reduced or totally discontinued, follow your doctor's orders. Reduce your pain meds gradually and under your physician supervision. Also keep in mind that you may experience withdrawals symptoms such as dizziness, headaches, drowsiness, or lethargy.

In addition, with some mild [traumatic brain injury treatments](#), you may experience some symptoms. Common ones include blurred vision, headaches, dizziness, and nausea. In most

instances these will go away but if you have any concerns, contact your physician immediately. In most instances, he will start you on limited exercise and graduated physical therapy as you heal. In most instances, this physical therapy will not involve strenuous exercises but will be based on the level of your traumatic brain injury and type of treatment.

Technically, during physical therapy, you will target improved strength, endurance, pain, flexibility, and hypersensitivity. Your treatment should also recognize the need to focus on your perception, cognitive skills, and focus. Furthermore, there should be treatment for depression if there are any signs of anxiety and lethargy. In some instances, treatment may also include vocational therapy that involves helping the patient learn new coping skills.

Last but not least, with mild traumatic brain injury treatments, you will also need to focus on family and interaction with your loved ones. Changes will have to be made in the house. Young children may not understand if there are mood swings or grogginess from pain meds. With this in mind, open communication is paramount for the patient and family members so they can move past the pain and on to healing.

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***Demas & Rosenthal** will provide a free, confidential consultation if you were injured. The free consultation offer extends to family members as well.*