**Helpful Tips for Post-Concussion Symptoms**

**Clothing:** Wear a hat and sunglasses to help with light and motion sensitivity. Wear flat and stable shoes with enough traction to avoid balance issues.

**Noise Cancelling Headphones:** Bose Noise Cancelling Headphones – high quality, variable noise cancelling adjustment, controlled via smart phone app. (Price $300). Other, less expensive, but well-rated brands are available through Amazon. (Some choices include: Cowin E-7 for $70, Avantree for $60, and Mpow for $37).

**Ice Kap**: Cold therapy cap to help relieve head and neck pain - Soft gel ice packs are placed in the IceKap and deliver gentle pressure and cool relief. [www.icekap.ca](http://www.icekap.ca) or Amazon ($59-$69).

**Weighted Lap Pad or Blanket:** To help feel more comforted and grounded, purchase a weighted lap pad or blanket. They range in weights and prices for each person’s needs. There are many places to purchase, check online. One source is Fun and Function (www.funandfunction.com).

**Facebook Support Groups:** “Post-Concussive Syndrome Support Group” and “Amy’s TBI Tribe” are for people who have had a brain injury and their families. It can be overwhelming but also very supportive to see posts from others.

 **Treatment for Nausea:** Crystallize ginger, or ginger capsules, can be powerful to reduce nausea and settle the stomach. No side effects.