



4 Ways To A Faster Concussion Recovery

Concussions have the ability to put our lives on pause.

Allow us to guide you towards a long-lasting solution.

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"All symptoms regardless of severity, duration or intensity have one thing in common.
The nervous system!"

Dr. Isaiah Redfern
Lead Clinician
Ottawa Performance Care



Clinical Neuroscience Based Treatment Strategies Designed for
Concussion Rehabilitation &
Injury Treatment

4 Ways To A Faster Concussion Recovery

No matter what stage of concussion healing you're in, a fast recovery is what we all want.

Through this brief PDF guide, you'll be equipped with the same guidelines as our patients in the Concussion Rehabilitation Programs and on your way to a faster recovery.

Step 1: Adopt a Ketogenic Lifestyle

The ketogenic diet is essentially a high-fat/ low-carbohydrate lifestyle, carbohydrates are typically kept below 30-50 grams per day. During this diet your body will release these little molecules called ketones and they play an enormous role in:

- Improving cellular metabolism
- Mitochondria function
- Decreasing inflammation
- Synapse formation



In short, a ketogenic diet creates an environment for your cells to repair efficiently and without the spikes in blood sugar from carbs we can keep a steady pipeline of fuel coming for efficient repair. For meal options and more information on how to implement a ketogenic diet check out [this guide](#).

Step 2: Calorie Restriction and Intermittent Fasting

During a concussion, most people aren't doing as many activities as they were before the injury, this makes a calorie restriction quite simple and honestly beneficial to not eat out of boredom. The goal of our calorie restriction is to reduce our daily intake by 500 cals (its easier than it sounds). Our next step to a faster recovery is to start intermittent fasting, ideally you will eat for 8 hours and fast for 16 hours, so you'll be fitting your food intake minus those 500 calories from earlier into an 8 hour window. During the 16 hour fast you can have things like water, tea or coffee.. But what benefits do restricting calories and fasting have? We're glad you asked..

When in a fasted state our body releases Brain Derived Neurotrophic Factor (BDNF), this powerhouse of a substance directly increases your neurons ability to fight degeneration and dysfunction. We explain BDNF as the Batman light saying "Hey come over here and fix me!" In addition to the Batman light effect, other benefits of these to strategies are:

- Cellular autophagy
- Mitophagy

These are fancy terms for the body's way of cleaning out damaged cells/ parts of cells so we can better repair and produce new healthy cells.

Step 3: Antioxidants, Gluten and Dairy

Inflammation is our biggest enemy when trying to recover from a concussion, this is why antioxidants are so important. They're just so eager to donate that valuable electron and put out the inflammatory fire. Why is that important? When inflammation is present, it is robbing our damaged cells of the energy they need to repair, that's a big no-no.

Next on the docket is cutting out gluten and dairy, these foods have a high tendency to be pro-inflammatory (they produce inflammation) and sabotaging our other lifestyle efforts above.

- Up your antioxidants (omega 3's, curcumin are great easy-to-find options)
- Cut out gluten and dairy

Step 4: Cardio and Sensory Rich Environments

We promise it won't be for long, but right now very light symptom-free cardio will be great for recovery. Anything from 5-20 minutes of light work on a stationary bike will be a great tool to increase circulation to our recovering nervous system. Lets bring all that good oxygen and nutrients and take out the waste so we can get back to our usual.

'Sit in a dark room and wait' is the common advise everyone is given... STOP! This was never the right advice and its been long since disproven. How will a brain learn to function if it spends all its time in an environment absent of interactions? We need to feed our recovering brain the good stuff, we need stimulation to recover. What does this look like? Try for an environment with:

- Gentle music
- Comfortable lighting
- Social interactions to your tolerance
- Actives that make you think



Summary

So we're definitely over 4 but here is a recap of the practical steps to speed up your concussion recovery:

- Aim to eat a ketogenic diet and eat as many leafy greens as you can
- Reduce your total daily intake by roughly 500 calories
- Start fasting: 8 hours of eating, 16 hours of fasting is the goal
- Take a quality antioxidant: omega 3's or curcumin are great options
- Cut out as much gluten and dairy as you can to help keep inflammation low
- Try for 5-20 minutes of symptom-free cardio on a stationary bike.. note we only said stationary bike
- Keep your environment stimulating: music, light, cognition, interactions all at amounts you find comfortable

Thank you for allowing us to guide you through this journey. We hope we were able to clarify this difficult topic and provide you with a starting point of how to speed up your recovery.

For more information regarding our expedited treatment strategies or which treatment program would be the best for you please visit our website or send us an email.

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Best,

OPC

