

PCS Treatments

Evidence-Based Treatment for Post-Concussion Syndrome (PCS) overview for patients and caregivers.

The treatments listed in this guide are supported by peer-reviewed scientific research and provide a broad overview of commonly used options for managing persistent post-concussion symptoms (PPCS), though the list is not exhaustive. If you or a loved one is considering treatments not listed, consider the supporting evidence and weigh potential benefits against risks, time, and cost.

Remember, every concussion and recovery is different; some may benefit from one treatment, while others may need a combination.

Treatment	Symptoms Targeted	Typical Providers
Cognitive Behavioural Therapy (CBT)		
A psychological therapy frequently used to treat mood and behaviour.	Anxiety Depression Impulsivity	<ul style="list-style-type: none"> • Clinical Psychologist • Mental Health Counsellor • Occupational Therapist • Social Worker
Cognitive Rehabilitation Therapy (CRT)		
Also known as cognitive therapy. A goal-oriented rehabilitation approach to address functional cognitive skills. Not the same as Cognitive Behavioural Therapy (CBT).	Attention Cognitive decline Communication Concentration Dizziness Executive functioning Fatigue Headache Information processing Language Memory Sensory sensitivities Sleep Vision impairment Word-finding skills	<ul style="list-style-type: none"> • Neuropsychologist • Occupational Therapist (trained in CRT for head trauma) • Speech-Language Pathologist (trained in CRT for head trauma)



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Endocrinology		
<p>Specifically, neuroendocrine assessment of pituitary function to determine if an initial TBI has caused hormonal imbalance.</p>	<p>Treatment-resistant: Brain fog Depression Fatigue Listlessness</p>	<ul style="list-style-type: none"> • Endocrinologist • Neuroendocrinologist
Exertional Therapy		
<p>Performing light aerobic activity in a controlled and monitored environment.</p>	<p>Balance Fatigue Fear of activity/re-injury Sensory sensitivities</p>	<ul style="list-style-type: none"> • Athletic Therapist • Psychiatrist • Physiotherapist
Mindfulness/Meditation		
<p>A practice where an individual uses a technique, such as meditation, to train attention and awareness to achieve mental clarity and emotional stability. A primary goal of this practice is to achieve greater awareness of one's internal experience and accept one's internal emotional or physiological state.</p>	<p>Anxiety Attention deficits Sleep disturbances</p>	<ul style="list-style-type: none"> • Mental Health Counsellor • Occupational Therapist • Speech Language Pathologist • Apps: Calm, Headspace, Insight Timer, CBT-i Coach



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Occupational Therapy (OT)		
The therapeutic use of everyday activities to help patients develop, recover, improve, and maintain the skills needed for daily living and working.	Communication Concentration Dizziness Executive function Fatigue Headache Language Memory loss Processing speed Sensory sensitivities Sleep Vision impairment	<ul style="list-style-type: none">• Occupational Therapist• Occupational Therapy Assistant
Otolaryngology (ENT)		
Physicians that are trained to treat patients with diseases and disorders of the ear, nose, throat and related structures of the head or neck.	Dizziness Extreme noise sensitivity Tinnitus (ringing in the ears) Vertigo or balance issues	<ul style="list-style-type: none">• Otolaryngologist/ENT
Physiotherapy		
Physical medicine and rehabilitation designed to promote recovery through means of exercise, manual therapy, and modalities.	Balance issues Fatigue Headaches Motor function Neck/shoulder pain for whiplash injury	<ul style="list-style-type: none">• Athletic Therapist• Psychiatrist• Physiotherapist• Physiotherapist Assistant



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Psychiatry		
<p>The medical specialty devoted to the diagnosis, prevention, and treatment of mental health disorders. Psychiatrists assess both the mental and physical aspects of psychological problems.</p>	<p>Anger/Rage Depression Detachment from reality (psychosis) Paranoia Personality changes Sustained hyperactivity (mania)</p>	<ul style="list-style-type: none">• Psychiatrist
Vestibular Therapy		
<p>A wide range of techniques including habituation exercises, gaze stability training, and balance training.</p>	<p>Headaches Balance problems Persistent dizziness Vertigo</p>	<ul style="list-style-type: none">• Audiologist• ENT• Neurologist• Physiatrist• Physiotherapist
Vision Therapy		
<p>A range of techniques designed to help retrain specific aspects of the visual system including eye teaming, visual processing, and visual-vestibular coordination.</p>	<p>Blurry vision Convergence insufficiency Dizziness/balance Double vision & eye strain Headaches & nausea Peripheral vision Sensitivity to light Sensitivity to motion</p>	<ul style="list-style-type: none">• Neuro-Ophthalmologist• Neuro-Optometrist• Occupational Therapist• Physiatrist• Physiotherapist