

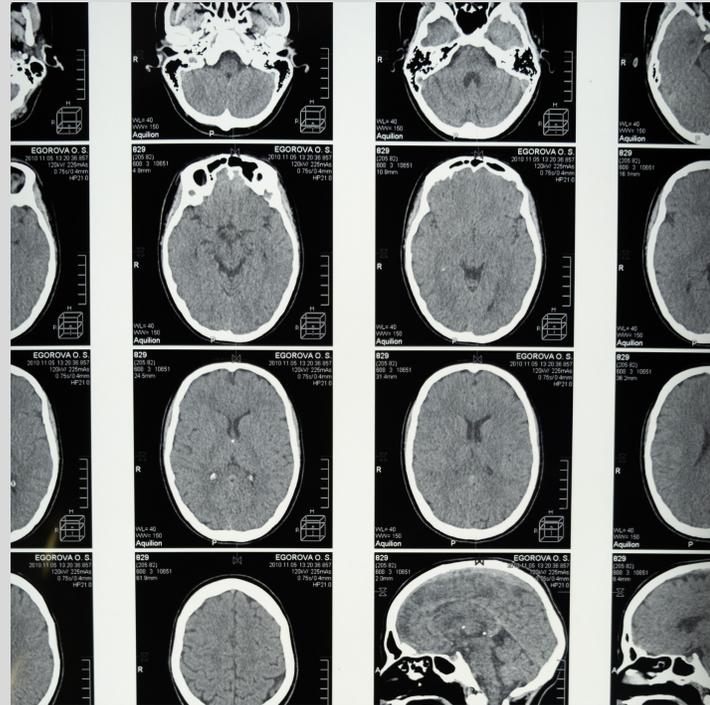
Concussion Vs POTS

We learn from an early age how important it is to take care of our heads. When we ride a bike, scooter, rollerblades, etc., we know to wear a helmet just in case we fall. Our brain is an essential part of our overall function, and much of what makes us who we are is part of it! Head injuries put us at risk of trauma to the brain, which can mean impaired brain function.

Concussions are a type of traumatic brain injury that can range in severity. It can bring about headaches, nausea, confusion, memory loss, dizziness, vomiting, fatigue, and more. There is no cure for concussions, so it's up to us to ensure we take preventative measures when we are in situations where a head injury is possible. If we are unable to prevent them, we need to make sure our bodies can heal optimally.

Athletes, in particular, are at an increased risk for concussions. Postural orthostatic tachycardia syndrome (POTS) is a condition in which blood flow is impaired when standing up. POTS presents in symptoms very similar to concussions, and the two can at times be indistinguishable from one another.

Researchers have found that both concussion and POTS stem from brain dysfunction. This means that symptoms of both could be helped by trying to restore brain function! In restoring this function, we allow the brain its' best chance of healing post-concussion, allowing for better blood flow in the body! For optimal function and healing, we need chiropractic care! Incorporating neurologically-based chiropractic care helps remove interference in the nervous system and lets the nervous system (and brain) function optimally!



Symptoms of POTS and concussions can sometimes be almost indistinguishable. When viewing the brain neurology that affects both conditions, it becomes clear that chiropractic care may play a vital role in aiding the recovery of either.

Jarosz, B. S. (2020). POSTURAL ORTHOSTATIC TACHYCARDIA SYNDROME (POTS): ITS RELEVANCE, AND IMPORTANCE, IN THE MANAGEMENT OF SPORT RELATED CONCUSSION. Chiropractic Journal of Australia, 48(1), 1-4.



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