

# Do patients need to go to USA to get help after concussion?

## Concussion treatment in Denmark

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Svendborg Municipality



Foto: Beate Oma Dahle\_NTB\_Ritzau Scanpix

# What is my background?

National Klinisk Retningslinje  
for non-farmakologisk behandling  
af længerevarende symptomer  
efter hjernerystelse  
Januar 2021

Klinisk retningslinje  
- Fysioterapeutisk undersøgelse  
og behandling efter hjernerystelse

 Svendborg Kommune

SDU 

 DANSK SELSKAB FOR  
SPORTSFYSIOTERAPI

 DSSSF  
Fagligt katalog udarbejdet for Dansk Selskab for Sportsfysioterapi  
HJERNERYSTELSE I SPORT

 SCAT CONCUSSION  
IN SPORTS

 Tilbage til idræt

Udvalgte symptomer	1. Uge	2. Uge	3. Uge	4. Uge	5. Uge	6. Uge	7. Uge	8. Uge	9. Uge	10. Uge
Headache	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Balance problems	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Concentration problems	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Memory problems	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Personality changes	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sleep problems	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Appetite problems	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Weight changes	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Energy problems	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Exercise tolerance	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Return to sport	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

# Agenda

- What is the problem in Denmark?
- What is a concussion and how should we treat it?
- What are the treatment opportunities in Denmark?
- What we do in Svendborg Municipality
- Where you can learn more



# What is the problem in Denmark ?

She told me to go home and relax and that symptoms could last for a long time. I didn't get any information at all. She didn't tell me if I could use television, computer or my phone ... I needed someone to guide me, so I used my phone. (Susan)



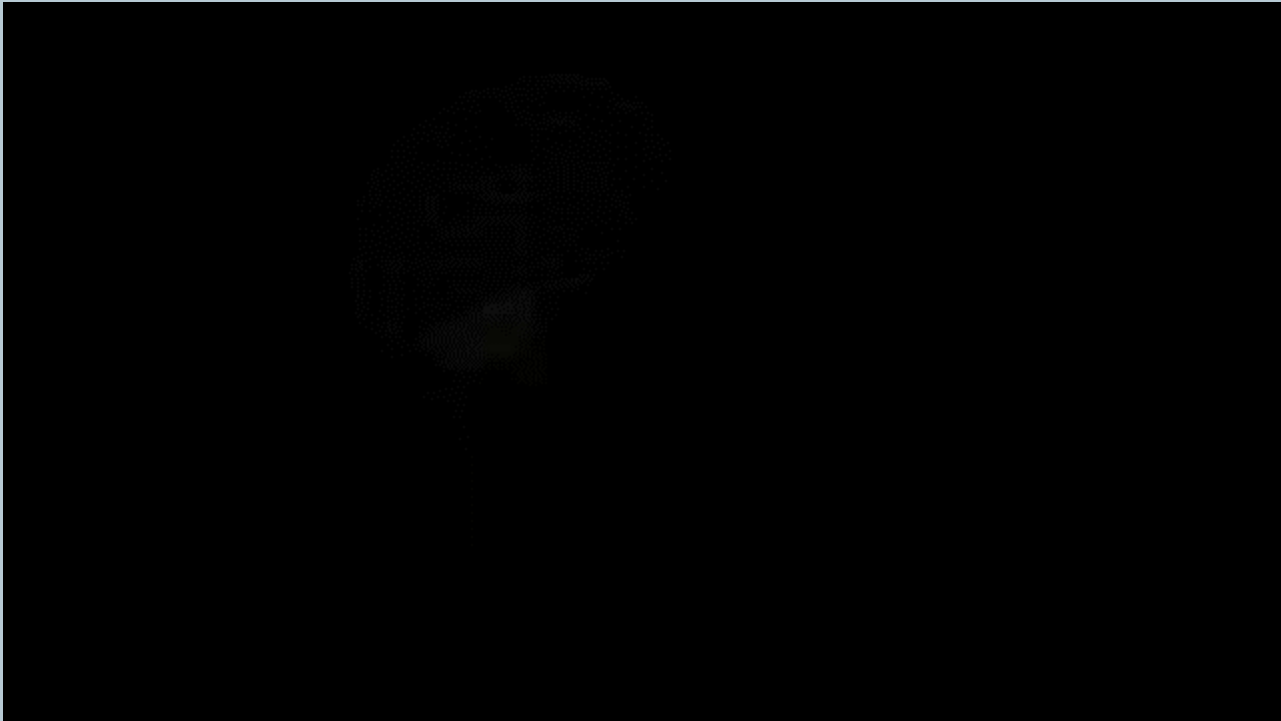
- "Misinformation"  
- Lack of information

He didn't know of any places to get rehabilitation. I heard about this place from someone who sent me a link to their website, so he checked it out ... But it wasn't something the municipality would grant me, and it was too expensive for me to pay myself. So, I had to try to figure out an alternative. (Martha)



- Lack of knowlegde  
and (free) treatment  
opportunities

# What is a concussion?

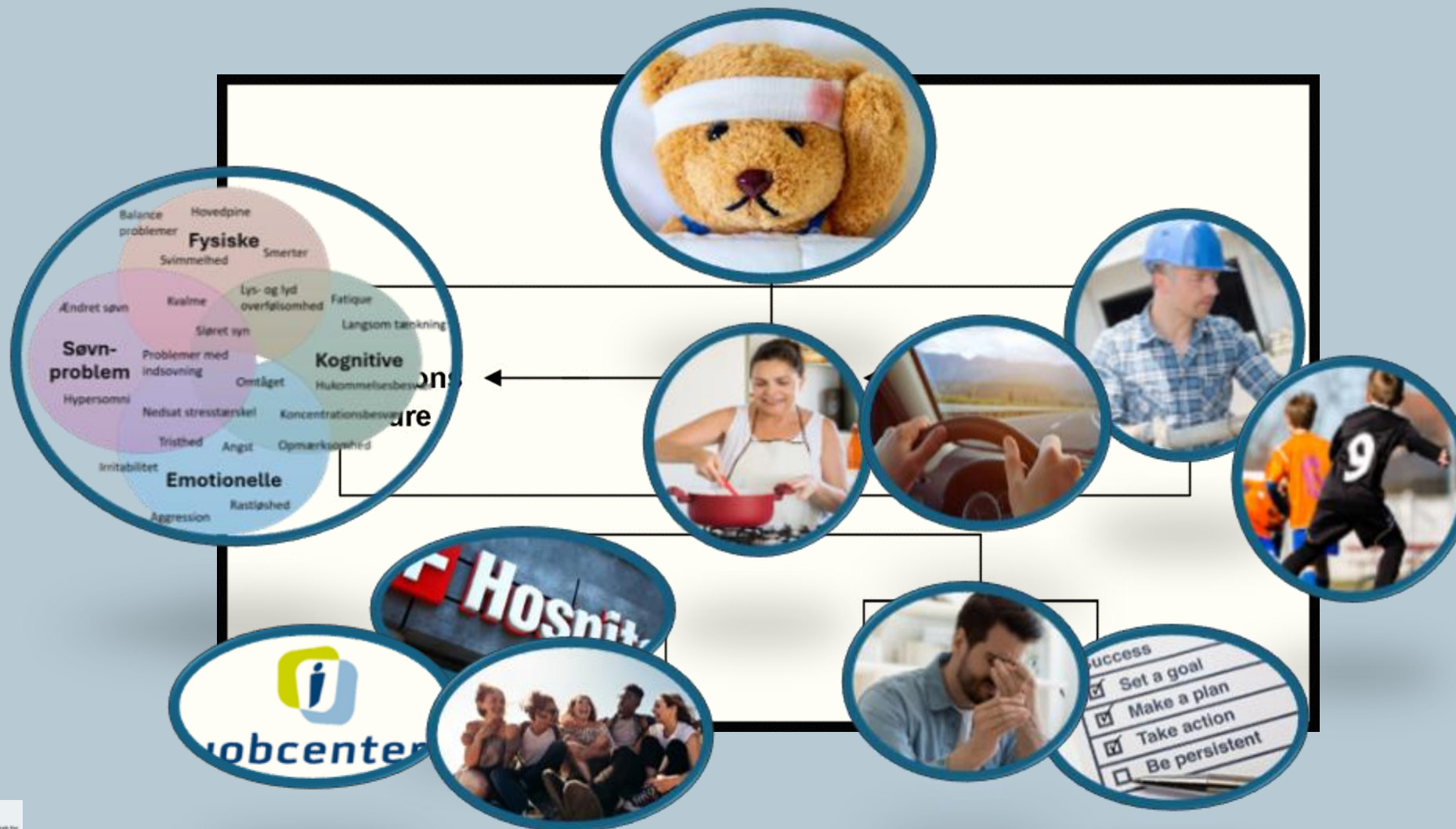


Concussion or mTBI is defined as a transmission of mechanical energy due to a blow to the head, neck, or body that results in disruption of brain function.

Rytter, H. M., et al. (2021). "Nonpharmacological Treatment of Persistent Postconcussion Symptoms in Adults: A Systematic Review and Meta-analysis and Guideline Recommendation.

# What is a concussion?

International Classification of Functioning, Disability and Health (ICF)



# Do people recover after concussion?



## School

- Mean 8,3 days [95% CI 5,6-11,1]

## Sport

- Mean 19,3 days [95% CI 18,8-20,7]

## Work

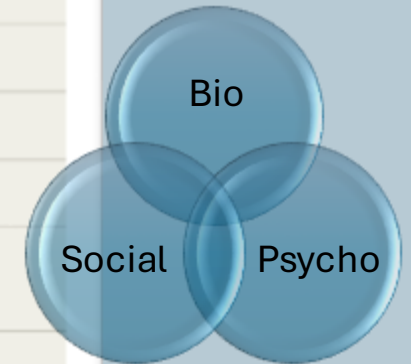
- Median 6 (IQR 1-15) to 36 days (IQR 14-53)
- 56% within 1 month [95% CI 30%-79%]
- 83% by 6 months [95% CI 74%-0.89%]

Putukian, M., et al. (2023). "Clinical recovery from concussion—return to school and sport: a systematic review and meta-analysis."  
Bloom, B., et al. (2018). "A systematic review and meta-analysis of return to work after mild Traumatic brain injury."

# What are the recommendations in Denmark?

**Table 3. Overview of Recommendations in the Guideline and the Certainty of Evidence<sup>a</sup>**

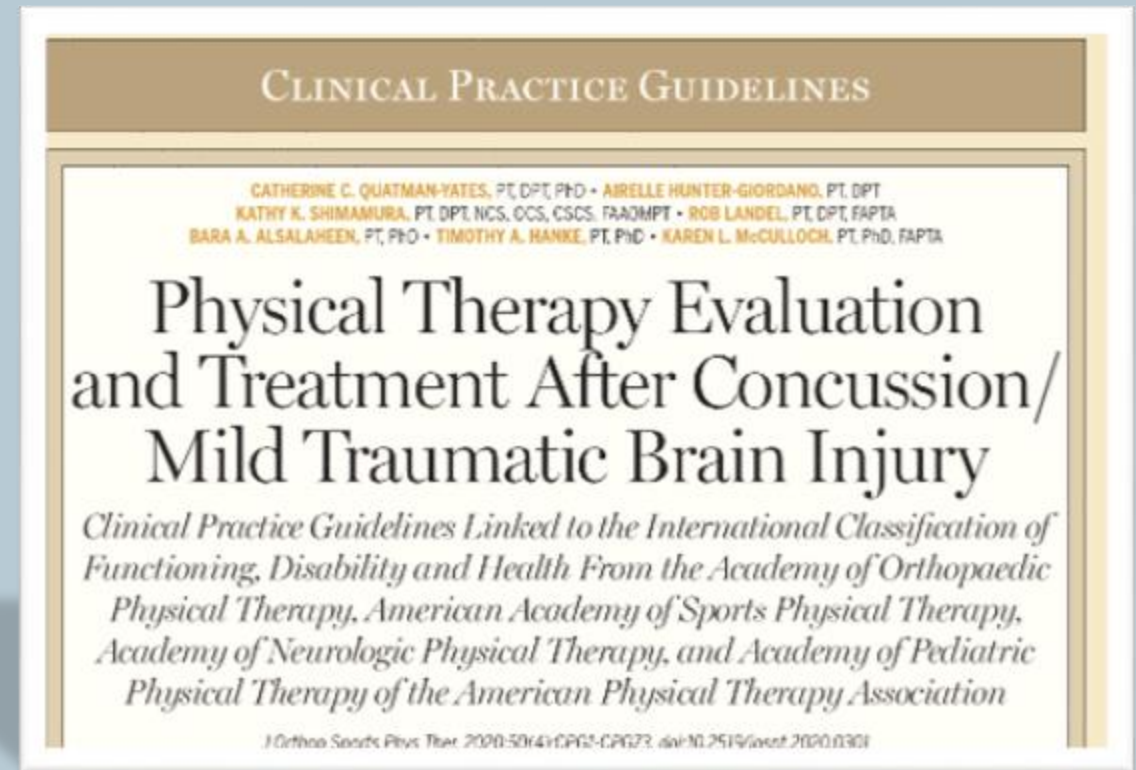
PICO	Intervention	Certainty of evidence	Recommendation
PICO 1	Systematically offered information and advice	Very low	Weak recommendation for
PICO 2	Graded physical exercise	Very low	Weak recommendation for
PICO 3	Vestibular rehabilitation	Very low	Weak recommendation for
PICO 4	Spinal manual therapy	Very low	Weak recommendation for
PICO 5	Oculomotor vision treatment	No relevant evidence identified	Good clinical practice statement
PICO 6	Psychological treatment	Low	Weak recommendation for
PICO 7	Interdisciplinary coordinated rehabilitative treatment	Low	Weak recommendation for





# What should I do as a Physical Therapist?

- Determine appropriateness of a physical therapy concussion examination based on comprehensive patient interview
- Determine possible movement-related impairments and level of irritability
- Seek advice or refer if needed



# What should I do as a Physical Therapist?

## Intervention Strategies

### Communication and Education

- Reassurance that most patients recover quickly - A
- Self-management of symptoms - B
- Importance of relative rest - B
- Benefits of progressive re-engagement in activities - B
- Importance of sleep - B
- Safe return-to-act...

### Potential Signs/Sym

- Refer for consulta symptoms; and c

### Cervical Musculoskeletal Impairments

Exercises and manual therapy to address cervical and thoracic spine dysfunction, such as strength, range of motion, postural position, and/or sensorimotor function - B

### Vestibulo-oculomotor Impairments

Benign paroxysmal positional vertigo: use canalith repositioning interventions - A  
 Individualized vestibular and oculomotor rehabilitation plan, visual-motion habituation program - B  
 Therapists without appropriate training in vestibular and oculomotor rehabilitation should refer patients with these impairments to a clinician with appropriate expertise - F

### Autonomic/Exertional Tolerance Impairments

Symptom-guided, progressive aerobic exercise training program considering goals, comfort level, lifestyle, and equipment access, with moderate/low irritability - A

### Motor Function Impairments

Target identified or suspected motor function impairments, including static balance, dynamic balance, motor coordination and control, and dual/multitasking - C

# Where can patients get help? – and how?



# Where can patients get help? - and how?

## Interdisciplinary rehabilitation opportunities in Denmark

### Municipalities

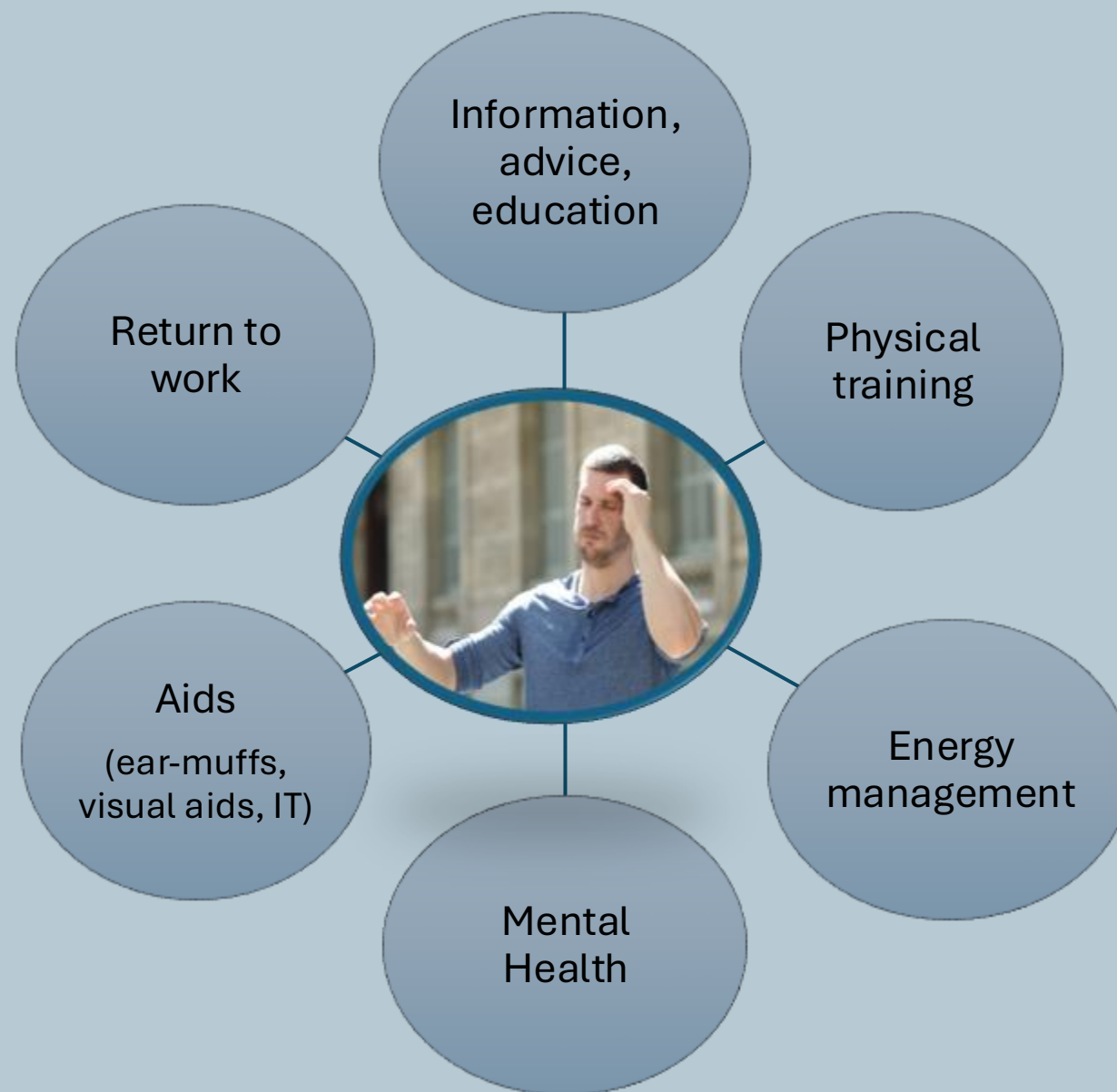
- Not all have a rehabilitation offer for concussion
- Different referral pathways (legislations)
- Different content, professions and organization

### Special institutions


- Not free of charge
- May be far away from patient's home

# Svendborg Municipality


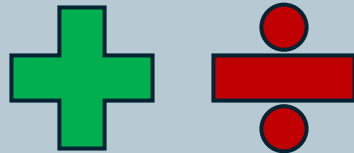
- Physiotherapists
- Occupational Therapists
- Audiologopedics
- Case managers
  
- Neuro-optometrist



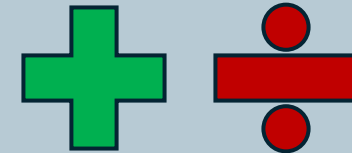
# Do we have a problem in Denmark ?



- "Misinformation"  
- Lack of information



- Lack of knowledge and  
treatment opportunities



# Do patients need to go to USA to get help after concussion

**NO!**

... and maybe you can  
help them on their way...



Foto: Beate Oma Dahle\_NTB\_Ritzau Scanpix

# More resources

Dansk Center for  
**Hjernerystelse** 

<https://dcfh.dk/>

## For health professionals



**Hjernerystelse:  
Symptomprofiler**

Årets konference for fagpersoner  
30. april 2025  
Centralværkstedet, Aarhus



## For patients



Dansk Center for  
**Hjernerystelse** 

**Voksne med hjernerystelse – Hvad nu?**

En hjernerystelse er en påvirkning af hjernen, der kan komme efter, at man har fået et slag mod hovedet eller en voldsom rystelse af hovedet, nakken eller kroppen. De fleste kommer sig inden for 2-3 uger, men nogle oplever, at symptomerne varer længere. En hjernerystelse

© Danmarks Hjernerystelse Center



**Information til arbejdsgivere om  
længerevarende symptomer efter  
hjernerystelse**



Informationsark og vejledning til lærere og pædagoger i grundskolen.

**I skole igen efter  
hjernerystelse**



# Do you want to learn more?

## Fysioterapeutisk undersøgelse og behandling af hjernerystelse

Fysioterapeutisk undersøgelse og behandling af hjernerystelse

Kurset udbydes af DSSF, Muskuloskeletal selskab og neurologisk selskab.

Medlemmer af disse 3 selskaber betaler medlemsprisen.

Dato Forår: 19.+ 20. Maj & 19. Juni 2025

Dato Efterår:

Sted: Odense



6.-7. maj 2025

**GAIN - "GET GOING AFTER CONCUSSION"**

Intervention for langvarige symptomer efter  
hjernerystelse

midt