








# Stanford Brain Performance Center CONCUSSION SUBTYPE CLASSIFICATIONS

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head that leads to fatigue as well as physical, cognitive and emotional symptoms. Postconcussive symptoms can be thematically categorized into the five clinical concussion subtypes and two associated conditions.

| Subtype   | Symptom   | Therapeutic*   |
|---|---|--|
|  Vestibular             | <ul style="list-style-type: none"> <li>• Dizziness</li> <li>• Head movements cause symptoms</li> </ul>  | <ul style="list-style-type: none"> <li>• Vestibular physical therapy</li> </ul>                                    |
|  Ocular-motor           | <ul style="list-style-type: none"> <li>• Difficulty focusing on moving objects or objects moving close r</li> <li>• Fatigue with reading</li> </ul> | <ul style="list-style-type: none"> <li>• Dynamic vision therapy</li> </ul>   |
|  Cognitive             | <ul style="list-style-type: none"> <li>• Problems concentrating or remembering</li> <li>• Problems completing tasks</li> </ul>                      | <ul style="list-style-type: none"> <li>• Cognitive-behavioral therapy</li> <li>• Neuropsychologist***</li> </ul>   |
|  Headache/Migraine    | <ul style="list-style-type: none"> <li>• Light and/or noise sensitivity associated with Headaches</li> </ul>  | <ul style="list-style-type: none"> <li>• Analgesia and avoidance of triggers</li> <li>• Headache Clinic</li> </ul> |
|  Anxiety/Mood         | <ul style="list-style-type: none"> <li>• Anxious and/or depressed</li> </ul>  | <ul style="list-style-type: none"> <li>• Psychiatrist and counseling***</li> </ul>                                 |
|  Cervical Strain**    | <ul style="list-style-type: none"> <li>• Moving neck causes symptoms, neck pain, and/or headache</li> </ul>   | <ul style="list-style-type: none"> <li>• Neck physical therapy</li> </ul>  |
|  Sleep Disturbance ** | <ul style="list-style-type: none"> <li>• Trouble going to sleep</li> <li>• Waking at night</li> <li>• Fatigue during the day</li> </ul>             | <ul style="list-style-type: none"> <li>• Sleep Medicine Clinic***</li> </ul>                                       |

\*Early cardio exercise and sleep hygiene is recommended for the recovery of all subtypes

\*\*Cervical strain and sleep disturbance are concussion-associated conditions

\*\*\*Consider referral for severe or prolonged symptoms greater than 2-4 weeks

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