

Concussion & Aerobic Exercise

A brief period of rest is recommended for 24-48 hours immediately after sustaining a concussion. Beyond this initial period, exercise can help you recover from a concussion.

How can aerobic exercise help with concussion recovery?

Improve Blood Flow in Your Brain

Exercise improves blood flow in the brain, which is often impaired after a concussion. This helps to reduce symptoms such as headache, dizziness, and feeling lightheaded.

Help Your Brain Heal

Exercise releases chemicals that support growth and repair of brain cells. This promotes neuroplasticity, which refers to the brain's ability to change and heal after an injury.

Improve How You Feel

Exercise releases endorphins and other chemicals that promote positive mood. Exercise is considered to be one of the best ways to improve mental health conditions such as depression or anxiety.



Improve How You Think

Exercise helps different areas of your brain communicate. This can help improve your ability to learn, your memory, and your concentration.

Improve Your Sleep and Energy

Regular exercise can help you sleep better. Staying active also improves your heart and lung health, leading you to have more energy throughout the day.