

What is Post-Concussion Syndrome?

The definition

Post-Concussion Syndrome (PCS) is the persistence of concussion symptoms beyond the typical course of recovery. After 1-2 months of persistent symptoms, doctors may diagnose patients with PCS.

Physical symptoms



- Headache
- Dizziness
- Nausea
- Sensitivity to light and noise
- Blurry or double vision
- Fatigue

Sleep symptoms



- Sleeping more than usual
- Trouble falling asleep

Cognitive symptoms



- Short-term memory loss
- Trouble concentrating
- Difficulty multi-tasking
- Lack of focus
- Slow processing

Mood/behavioral symptoms



- Anxiety
- Panic attacks
- Depression
- Irrational anger
- Increased sadness
- Irritability

Can you treat PCS?



Yes! A concussion specialist can refer you to a number of targeted therapies for PCS symptoms. Visit our Resource Center at ConcussionFoundation.org to find our PCS Treatments list.

You are not alone.



- 10% of high school aged concussion patients will have PCS.
- About 5-30% of other age group and population patients will develop PCS.
- There is hope. PCS symptoms will not last forever. Most patients make a full recovery.
- PCS is not the same as CTE, which is a progressive, degenerative disease caused by repetitive head trauma. PCS is the persistent symptoms from a single concussion, and gets better with time and treatment.
- PCS is real. It is important to believe anyone who says they are experiencing persistent concussion symptoms.