



TOOL 6.1: Post-Concussion Headache Algorithm

Medical follow-up and referral to healthcare professionals/interdisciplinary concussion team

(1-4 weeks following acute injury)

- Focused headache history, physical examination, determine need for imaging
- Post-injury education and guidance on use of over the counter analgesics
- Headache and medication diary
- Refer to healthcare professionals/interdisciplinary concussion clinic if symptoms last longer than 4 weeks post-concussion (or sooner as needed/using clinical judgment), or if the child has modifiers that may delay recovery
- Consider trial of conservative management or prophylactic or abortive headache medication

Consider early referral (< 4 weeks) if child/adolescent has modifiers that may delay recovery/high risk of prolonged post-concussion symptoms

Not yet recovered Headache > 4 weeks post-concussion

Healthcare professionals/interdisciplinary concussion team

- Medical assessment by physician with expertise in concussion
- Adjunctive testing (graded aerobic exercise testing)
- Interdisciplinary management of post-concussion headache subtypes

