



Understanding Mild Traumatic Brain Injury (MTBI): An Insightful Guide to Symptoms, Treatments, and Redefining Recovery

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Understanding Mild Traumatic Brain Injury (MTBI) is a clearly written guide for anyone who has sustained a head injury, concussion or MTBI caused by a fall, automobile or sports related accident or a blast injury. It describes the signs and symptoms as they show up in everyday life. There are helpful tips for family, friends and loved ones, as well as, "brain-saving" decisions to prevent sports-related concussions, and a list of medical professionals who treat this "invisible" injury. Since MTBI is often unidentified and misunderstood, this book is also an essential reference for health care professionals, teachers, athletic coaches and employers to expand their knowledge of the physical and behavioral symptoms. The intention of the authors is to create a greater awareness of this injury and to inspire hope that brain injury survivors will get better, learn strategies to compensate and discover their own resiliency and resourcefulness.

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