



**Martin Carson**  
KINESIOLOGY

## **Top things to be aware of if you have had a blow to the head**

**Any injury to the head is a medical emergency. The very first thing you must do is, seek medical attention, immediately!**

After the initial injury has been dealt with, the following points need to be observed.

The important thing to notice with this list is the “**Out of Character Behavior**”

Most of us experience the range of behaviors on this list from time to time. But if someone starts exhibiting these behaviors much more often than usual, after a head injury, then it is something to be concerned about and action needs to be taken.

The behavior can be very sudden and extreme. Or it may be gradual, building up over a number of weeks or months, then becoming extreme.

1. Losing temper, or emotional outbursts.
2. Unsociable behavior or social anxiety
3. Depressed, withdrawn
4. Apathy, losing interest in things,
5. Struggling with school, or work.
6. Struggling to cope with everyday tasks
7. Becoming confused, or foggy headed
8. Does not seem to listen or remember things.
9. Headaches
10. Changes in posture. Look for rounded, tilted shoulders or head jutting forward.
11. Constant, dull aches in the neck, shoulders and back.
12. Losing balance or getting motion sickness
13. Diminished or loss of sensation eg sense of smell or taste

Some people can experience a very noticeable change in their character. Unfortunately this may not be apparent to them but it will be very apparent to everyone around them.



**Martin Carson**  
KINESIOLOGY

If you are concerned about yourself or someone else who has sustained a blow to the head, been in an accident, had a fall or whip lash etc. Please contact me for further information.

**Martin Carson**

Email: [martinc@martincarsonkinesiology.com.au](mailto:martinc@martincarsonkinesiology.com.au)

Mb: 0404 808 592

[www.martincarsonkinesiology.com.au](http://www.martincarsonkinesiology.com.au)

