



Effective Concussion Management Program at FYZICAL West Plano



Physical therapy programs for concussion often build in vestibular therapy, which helps you orient yourself during periods of lightheadedness or loss of balance. Exercises such as fixing your gaze at a certain point in the distance, or using simple movements to stabilize your core and limbs, are invaluable during such moments.

The natural fatigue and required resting that early concussion recovery entails often result in weakened muscles and lowered endurance. To combat that, your physical therapist at FYZICAL West Plano will customize a strength-building program for you, as well as guide you through aerobic moves that help you regain that endurance.

To make an appointment call us at - 972-996-4660 or mail at - westplano@fyzical.com or visit - [FYZICAL West Plano](#)