

Patients' Experiences Of Physiotherapy Following A Mild Traumatic Brain Injury



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After a concussion, many people see a physiotherapist for symptoms like headaches, neck pain and balance issues, but little is known about how patients experience this care.

To explore this, researchers interviewed 12 adults in New Zealand who had mild traumatic brain injury.

Analysis of the interviews revealed four themes: how physiotherapy interventions helped; how patients learned to self-manage; what supported them to get the most from treatment; and the importance of being understood as a whole person, including their goals, preferences and cultural context.

Overall, participants had varied experiences, but most saw physiotherapists as key in supporting recovery and self-management. The findings suggest concussion care should be better aligned with patients' needs and delivered in ways that strengthen engagement. Building strong therapeutic relationships may be essential for improving rehabilitation outcomes.

