

Hours of Operation:

Monday-Friday
7:30 a.m. - 4:30 p.m.

For more information contact:

Traumatic Brain Injury Clinic
(TBI Clinic)
Support Ave. Building 40022
(across from the Soldier Development
Center)

254-287-7281 or 254-287-8179



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Carl R. Darnall Army Medical Center
Public Affairs & Marketing Office
Fort Hood, Texas 76544



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**Traumatic Brain
Injury Clinic**

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What is a Traumatic Brain Injury?

A traumatic brain injury (TBI) is a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain. Not all blows or jolts to the head result in a TBI. The severity of such an injury may range from mild to severe.

What causes TBI?

The leading causes for TBI are;

- Bullets, fragments
- Falls
- Motor vehicle - traffic accidents
- Assaults
- Blasts are a leading cause of TBI for active duty military personnel in war zones.

Symptoms of Mild Traumatic Brain Injury/Concussion:

- **H** Headaches
- **E** Ears ringing
- **A** Altered level of conscience/loss of conscience
- **D** Double vision/Dizziness
- **S** Something is just not right

Symptoms of mild TBI or concussion often resolve within hours to days and almost always improve over one to three months. However if symptoms persist and do not improve, you should seek medical treatment.

Recovery From TBI:

- Get plenty of sleep at night and don't over exert yourself late in the day.
- Return to normal activities, not all at once. Avoid activities that can lead to a 2nd brain injury such as recreational sports. Remember to use helmets and safety belts to decrease your risk of having a second brain injury.
- Don't drink alcohol; it may slow your brain recovery and puts you at further risk of injury.
- If it is harder to remember things, write them down.
- If you find you are losing important items such as keys, beret, etc., begin placing them in the same location all the time. Park in the same place so you can find your car.
- If you are easily distracted or having difficulty concentrating, try doing only one thing at a time in a quiet, non-distracting environment.
- If you feel irritable, remove yourself from the situation that's irritating you or use relaxation techniques to help manage the situation. Irritability is worse when you are tired, so rest will help.
- Be patient!!! Healing from a concussion/traumatic brain injury takes time.
- Keep your brain active by doing activities that require strategies and fine motor skills such as crossword puzzles, playing musical instruments, drawing, writing, painting, playing cards or board games.

We provide the following services on a referral or self referral basis to active duty Service Members, Retirees and Adult Dependents:

Concussion Screening, Medication Management and Assessment, Soldier Readiness and Post Deployment Screening, Individual and Group Counseling, Psychotherapy, Neuropsychological Testing, Physical Therapy, Speech Therapy, Driving Screening, Cognitive Rehabilitation, Case Management, Social Work Services.

Our Clinic Staff Includes:

Neuropsychologists, Physician Assistants, Nurse Practitioner, Licensed Clinical Social Workers, Speech Therapist, Physical Therapist and Technician, Case Managers, Licensed Vocational Nurses and Defense and Veterans Brain Injury Staff.

