CONCUSSION

Often if one side of the head is concussed, it will be the other side of the head that is sore.

For Seven Days:

No bright lights
Bed rest
No t.v.
No bright sounds

If you do this you will avoid headaches in later years.

To assist using acupressure:

Find where shoulder starts to corner. Then find the center of each arm relative to their curving. Find that corner and hold with medium pressure (both sides) of the affected person for 5-7 minutes.