

## Pediatric concussion management education

Own an iPhone or an iPad? [Access the \*Pediatric Concussion Management eBook\* to learn about concussions, management of concussions and what to expect in the recovery process.](#)

The eBook includes:

- Concussion care at Geisinger
- Diagnosing a concussion and symptoms
- Home care
- Recovery
- Returning to school and activities
- What a concussion is
- And more!

How to access this eBook:

1. From your iPhone or iPad, go to the iBooks App.
2. Tap Search.
3. Enter “Geisinger.”
4. Select “Pediatric Concussion Management” and download.

Don't forget friends and family helping you. They can also download the materials and follow along.

Any questions? Contact your care team.