



# Empty Tank of Gas Analogy

Due to the inefficiency of the cells, the brain “runs on empty” and flares symptoms, like a car with a very small gas tank.

The small-tanked car can leave the garage, it just has to *drive a little, fill up, drive a little, fill up...*

A student with a concussion, CAN get out of the garage (**go to school**) and do many things (**academically and socially**), they just can’t go as fast and cover as much territory.

**They have to learn a little, fuel a little, read a little, fuel a little, work on the computer a little, fuel a little.**

Fueling can be a little as

- resting head on desk for 5 minutes
- closing eyes for 5 minutes
- taking a water break

