

## Why Collegiate Sports Medicine?

- Our Team and Clinical Concussion Programs have been evolving over 15 years, using the most current research and innovation.
- Development of the Concussion Hotline to answer concussion related questions from clients and the community.
- In-depth post-concussion testing to classify concussions to better facilitate recovery with a customized treatment plan.
- Award winning team of Athletic Therapists, Physiotherapists, and Kinesiologists trained in concussion management to offer a variety of specialty services:
  - Manual Therapy, Craniosacral Therapy
  - Vestibular Assessment & Treatment
  - Acupuncture, Laser Therapy
  - Neuropsychology, Sport Psychology

## How do I sign up for baseline Testing?

Baseline testing is available to teams or individuals between the ages of 6 - 65.

**Teams:** A customizable package can be made pending on the age of athletes, the desired level of testing, and the coverage of follow-up appointments. Testing may be done in the clinic for smaller groups, or we can come to you for testing

**Individuals:** An appointment will be set up at one of our Collegiate clinics based on availability and desired level of testing.

Call the **CONCUSSION HOTLINE** to set up your package or appointment at one of our clinics in Red Deer or Olds.

### Did you know?

Some insurance companies cover concussion testing and treatments if an athlete is injured in a sanctioned event. Hockey Canada and other sport organizations provide their athletes such coverage and is paid for through the athletes annual dues.

## How can you get educated on concussion management?

Did you know we hold concussion education courses in-house at Collegiate Sports Medicine? The Concussion Crash Course is a great place to start for information, but for those looking to do more on field, the Sideline Concussion Management Course will educate on sideline testing and acute care guidelines.

On-Site Seminars are available to educate athletes, coaches and parents about concussions. Teams that sign up for baseline testing will receive this as a part of their package (value of \$75).



Main Clinic - 5121-47 St, Red Deer, AB  
GoodLife - Parkland Mall Red Deer, AB

Telephone: 403-314-4458  
Fax: 403-314-4227  
reddeer@collegiatesportsmedicine.ca  
[www.collegiatesportsmedicine.ca](http://www.collegiatesportsmedicine.ca)

# CONCUSSION CENTRE

- Team -



PHYSIOTHERAPY - ATHLETIC THERAPY - MASSAGE THERAPY

CUSTOM BRACING & ORTHOTICS - VESTIBULAR REHAB - CONCUSSION



For appointments call:  
**CONCUSSION HOTLINE**  
**403-314-4458 ext 2**

[collegiatesportsmedicine.ca](http://collegiatesportsmedicine.ca)

**Direct Billing Available!**

## Who is this program for?

The Collegiate Sports Medicine Team Concussion Program is designed for athletes in sports with risk for sustaining a concussion. The obvious sports include those with **High Impact/Contact** (football, rugby, wrestling, handball, hockey, lacrosse) or **High Risk Activities** (BMX, equestrian, cheerleading, rodeo, mountain biking, skiing). However, a number of athletes have reported concussion from mishaps in volleyball, soccer basketball, and even curling!

The Team Concussion Program is intended to provide concussion testing prior to the start of a season before a concussion could effect the baseline results. As a bonus, athletes, coaches and parents will be educated on the importance of early recognition and proper follow-through should an event occur. Collegiate Sports Medicine also offers their services for post-concussion assessment, rehabilitation, and return to sport.

## What is Concussion Testing?

**Baseline Testing** is conducted prior to a concussion or after a concussion has been successfully rehabilitated. The information from this test will be used for future comparison when evaluating for a concussion, and used as a reference to guide an athlete back to their 'normal' abilities. In some sports, baseline testing is becoming a requirement to play.

**Post-concussion testing** is done following a concussive incident. Results from this testing will assist in classifying the type of concussion and guide the format of treatments and rehabilitative drills.

Both types of testing are crucial to aid an athlete in knowing when it will be safe to return to school and sport. While it is not imperative to have baseline testing prior to post-concussion testing, it is the **gold standard** for comparison as to how to get an athlete back to **their normal**, instead of what comparative

## What types of tests are done?

Baseline Concussion Testing may include:

- 1) **Baseline Test** (Symptom, cognitive, physical and visual evaluation).
- 2) **Baseline ImPACT Neurocognitive Computer Test** **\*\*as requested or required by sport body.**

These tests results are reviewed by one of our Therapists trained in concussion management to ensure that data is valid and fall within the normal ranges. Clients may take copies of these results and present them to certain organized sports teams if needed. These results will be stored on file for future comparison in season or years to come.

Following a suspected concussion, athletes should book in for Post-Concussion Testing which may include:

- 1) **Post Concussion Screen includes:** (Update history) **-Post Concussion Testing** (Symptom tracking, cognitive, physical, and extensive vestibular and visual evaluation). **-Consultation** with a CSM Concussion Team member to go over test results and provide immediate care guidelines.
- 2) **Post Concussion ImPACT Neurocognitive Computer Test** **\*\*as requested**
- 3) **Assessment & Treatment** by an AT/PT who is part of the CSM Concussion Team. This practitioner will be responsible for guiding rehabilitation and returning the athlete to their sport.



## How does an athlete get clearance to return to sport?

In order to return to sport, athletes must follow a **graduated return to play program (GRTP)** supervised by a practitioner who specializes in concussion management. The stages are as follows:

- Stage 1: Rest 24-72 hours
- Stage 2: Light cardio/stretching
- Stage 3: Moderate exertion (weights, cardio)
- Stage 4: Intense Cardio & Sport specific drills
- Stage 5: Non-contact practice/training  
—>EXERTIONAL TESTING
- Stage 6: Controlled full-contact practice
- Stage 7: Return to full sport participation

Each stage is performed and monitored for symptom presence over a 24-48 hour time period. **If at any point the athlete's symptoms return**, they must immediately rest from physical and cognitive activity. The athlete will be monitored, and then the **GRTP** process will begin again from the previously completed stage prior to symptom increase.

## What is exertion testing?

Before any contact can be initiated in sport, an exertion test will be scheduled with a member of our concussion team. During this testing, heart rate and blood pressure will be monitored before, during and after a series of evaluations on cognitive stress, physical stamina, coordination and sport simulation. Select cognitive testing will also be done pre/post exertion to look for abnormalities. Following the testing, the therapist will review results and give the clearance for contact (Stage 6) if it is safe to do so.