

CONCUSSION PROGRAM



Pre-Assessment Information

EDUCATE • PREVENT • RECOGNIZE • MANAGE • RECOVER

“Dedicated to your optimal lifelong performance in work, life & play!”

Therapy with Results!

Call our
Hotline:

DOWNTOWN MAIN CLINIC 5121 - 47 Street, Red Deer | admin@csmrd.ca | 403.314.4458

GARY W. HARRIS CANADA GAMES CENTRE 120 College Circle, Red Deer | admin@csmrdcampus.ca | 403.352.7979

OLDS 5114 - 51 Street, Olds, AB | admin@csmolds.ca | 403.791.2766

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Early Post Concussion Info

Do I have a concussion?

In order to get a concussion, you need to have been exposed to the appropriate mechanism of injury and force. This includes a direct or indirect force to the head or an incident that causes your head to shake rapidly. Not all hits or shakes should be classified as a concussion. As such, you should be monitored for 24 hours to see if signs/symptoms develop or intensify. This will help us identify if it's a concussion and/or an associated soft tissue injury. It is normal for symptoms to fluctuate or resolve over the first few days. Your physician or concussion care therapist will be able to advise you on the presence of a concussion and what further steps need to be taken towards recovery.

Should I go to the hospital or go see my doctor?

Quick or delayed onset of rapidly progressing symptoms is a sign that the brain has sustained more trauma than just a concussion. Report to a hospital immediately if this is the case, or you answer YES to any of the "Detecting an Emergency" questions on the following page.

A visit to the family doctor is never a bad idea. They are able to evaluate for concussion as well as rule out other underlying conditions. They are also able to refer for imaging or pharmaceuticals as necessary. Many physicians refer their clients to see us after they recognize a concussion for concussion management. However clients are welcome to call us directly without a physician referral for specific concussion testing and classification.

How do I initially care for my concussion at home?

The largest priority following a concussion is to REST the brain. Any type of physical/cognitive/emotional stress should be removed. Naps are allowed as frequently and as long as needed in the first 72 hours. Electrolytes are recommended immediately following a concussion as well as good nutrition including ample protein and fats to assist with the brain's healing process. For additional guidelines please refer to What to Do / What Not to Do in the following pages.

Should I go to school/work/practices?

If a concussion is suspected, it is NOT advised to attend any event that may place stress on the brain. This includes avoiding school, work, and any social events until cleared to do so. Even if physical symptoms are improving, remember that your tolerance may be limited to the comfortable environment of your home. Bright lights, moving bodies, background music or the stress of everyday activities may over extend the brain past its point of abilities.



Detecting An Emergency

Concussion-like symptoms may appear for various other traumatic brain injuries and can mask an underlying problem. Therefore, it is essential to monitor the initial recovery process after a concussion or major hit to the head, neck, or body for additional signs that may indicate a more severe brain injury has occurred.

When faced with a suspected concussion, be sure to go through this questionnaire immediately. If you answer “yes” to any of the following questions, or if your symptoms are worsening with time, **please call 911 or visit the local emergency medical center.**

1. Do you have a headache that is getting **progressively worse** over time?
2. Have you **thrown up repeatedly** and/or are feeling more and more nauseous?
3. Are your **words slurred** or coming out funny?
4. Are you **unable to control your body** or limbs/walking-stumbling?
5. Have you had a **seizure**?
6. Are you **unable to see** properly?
7. Are you experiencing a decreased, complete loss or **fluctuating level of consciousness**?
8. Are you experiencing **numbness** in your arms and or legs?
9. Are you having **difficulty recognizing** people or places?
10. Have your **pupils become unequal** in size?
11. Have you suffered a **potential spinal injury**?
12. Is there evidence of a **skull fracture** or **clear fluid** coming from the ears?

The symptoms of a concussion can be worrisome because they involve the brain. However, it is not necessary to go to the hospital unless you have answered “yes” to the questions above, and your symptoms are worsening. If you have answered “no” but you are suspected to have a concussion, you should stay home. The main priority following a concussion is to rest the brain, which includes avoiding busy and noisy environments, like that in the emergency room.

If there are no signs of an underlying traumatic brain or spinal injury, medical guidance can come from a visit to your physician or a therapist trained in concussion management.

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What to Expect at Your Appt

Concussion History

Before coming to Collegiate, you may be asked to fill out a concussion history form to identify previous injuries in addition to some other possible medical conditions. Please fill out this form with as much detail as possible, as it will help our therapists understand your medical needs. This form can be sent back online or brought to the clinic as a print out.

Concussion Evaluation

Your appointment may last up to 2 hours. The appointment(s) may be ended at any time if the client is demonstrating distress or the symptoms are progressively worsening. If this is the case, particular tests may be chosen to be done another day, or the whole appointment may be rescheduled.

It is recommended that clients do not drive to their first appointment in case they are flared up following the evaluation process.

Parents, guardians or children are welcome to sit in on the appointment(s), but they will be asked not to answer for the client unless otherwise asked by the practitioner. Input on the client's behavior and symptoms may be filled out on the "Concussion Intake Form"

Components of Assessment

1. Post-Concussion assessment (PCAT)

- One-on-one discussion of symptoms and testing of cognitive/visual/vestibular deficiencies. Comparison can be made to baseline results if on file.

2. ImPACT computerized neurocognitive testing

- Optional testing that may be done at any visit to the clinic. Objective additional information can be gathered on reaction time, motor composite speeds, impulse control and visual/verbal memory. This information helps practitioners determine how a client is healing and determine when it may be safe to return to sport.

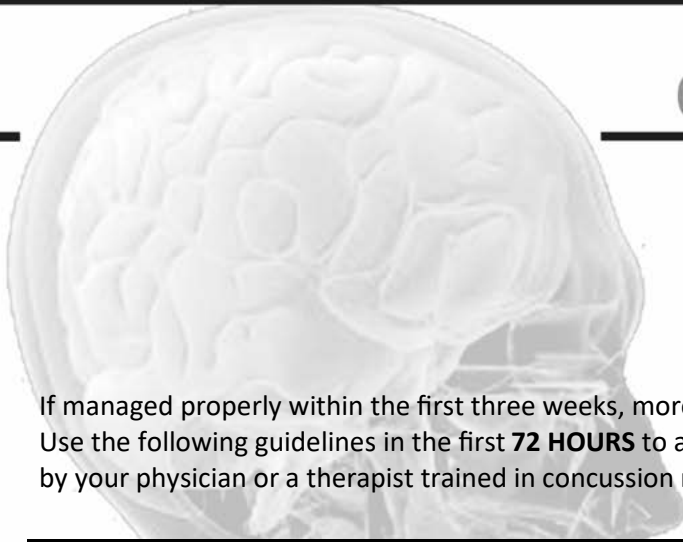
3. Physical assessment & treatment

- Evaluation of the head and neck by your lead concussion therapist. Using the results of the PCAT they will be able to discuss your case and treatment plan for recovery.

4. Home rehabilitation program

- Exercises will be given based on identified deficiencies from the PCAT and what your practitioner finds in your physical assessment. A print out with parameters will be given to assist you at home.

There will be a large amount of education throughout the first appointment: what tests are and why we do them, results of testing, the type of concussion suspected, the predicted starting point of rehab, and the intended treatment plan for recovery. It can be an overwhelming amount of information! A clinical concussion package will be given including post-concussion information & guidelines. This folder will also be a great place to store additional paperwork and home program pages as they are gathered.



Post-Concussion Guidelines - Initial 24-72 Hours-

If managed properly within the first three weeks, more than **80% of concussions resolve very successfully**. Use the following guidelines in the first **72 HOURS** to assist with symptom reduction, unless otherwise directed by your physician or a therapist trained in concussion management.

	What to AVOID	What to DO
24-72 hours	Physical or cognitive work – reading, attending work or school	Rest – physically, mentally, emotionally
	Noisy & busy environments	Stay in familiar, quiet, and low light environment
	Visiting with friends, watching sports practices or games	Consume electrolytes (immediate after injury) and nutritious foods
	Electronics – video games, texting, computer or tablet use	Sleep and nap as needed
	Drinking alcohol or taking blood thinning medication (Aspirin)	Use sunglasses and/or ear plugs to reduce environmental stimulus
	Driving due to decreased reaction time.	Use hot or cold pack on neck for comfort

Once someone is suspected of having a concussion they should be referred to a medical profession who is trained in evaluating and treating concussions.

Treatment may include:

- Concussion and Injury History
- Clinical Injury Testing
- Post Concussion Assessment Tool (PCAT) and ImPACT Neurocognitive Test
- Neck Treatment
- Vestibular Assessment & Treatment
- Progressive Rehab Prescription—Multi-tasking/computing/reading
- Progressive Exercise Prescription
- Exertional Threshold Testing

How can you help manage your concussion at home?

Pacing your energy expenditure over the course of your daily activities is an important aspect of your recovery. Balance is key; not doing too much to aggravate your symptoms or doing too little to under stimulate the brain. Your brain is like a cell phone battery that cannot fully charge; It drains more quickly. People tend to try and push through symptoms, but with a diminished battery life, your brain will not have the energy to repair itself

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Post-Concussion Guidelines - Symptom Tracking -

DIRECTIONS: Complete once or twice daily, around similar times each day. In situations where the symptom scale is being completed after exercise, it should be done least 10 minutes post exercise.

SEVERITY RATING						
"You should score yourself on the following symptoms, based on how you feel now"						
None	Mild		Moderate		Severe	
0	1	2	3	4	5	6

Date of Concussion:	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Symptoms														
Headache														
"Pressure in the head"														
Neck Pain														
Nausea or Vomiting														
Dizziness														
Blurred Vision														
Balance Problems														
Sensitivity to light														
Sensitivity to noise														
Feeling slowed down														
Feeling like "in a fog"														
"Don't feel right"														
Difficulty concentrating														
Difficulty remembering														
Fatigue or low energy														
Confusion														
Drowsiness														
Trouble falling asleep														
More Emotional														
Irritability														
Sadness														
Nervous or Anxious														
Total Number of Symptoms (Max22)														
Symptoms severity score (Max132)														
Symptoms worse with physical activity?														
Symptoms worse with mental activity?														

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Collegiate Sports Medicine CONCUSSION CENTRE



CONCUSSION HOTLINE

For quick and reliable concussion information, questions, or to book testing.

AWARD WINNING TEAM

Over 12 skilled practitioners on our team have specialized concussion training to manage various concussion types.

NHL NEUROPSYCHOLOGIST

Dr. Andrea Kilgour, our Neuropsychologist, works with the Winnipeg Jets and has helped develop the NHL Concussion Program.

BIG GROUP? NO PROBLEM

Our large team can Baseline Test groups of over a hundred people and even come to your facility. Over 4000 people tested and counting.

OUR SPECIALTY CONCUSSION SERVICES

To help rehab your concussion we will pair you with one of our specialty practitioners for services such as:

- Craniosacral
- Massage Therapy
- Vestibular Rehab
- Acupuncture/IMS
- Vision Training
- Athletic Therapy/Physiotherapy
- Kinesiology
- Neuropsychology
- Sport Psychology

CLASSIFY YOUR CONCUSSION

We will classify your concussion based on your unique symptoms or case to better facilitate recovery with a customized treatment plan.

RETURN TO LEARN/WORK/PLAY

Customized program with rigorous testing and rehab to get you back to doing what you love.

COMMUNITY EDUCATION

We host multiple courses/seminars to help educate you on managing your concussion and is included with any group testing.

15 YEARS EXPERIENCE

Our elite program has been running and evolving with new knowledge for over 15 years.

WORLD CLASS PROGRAM & FACILITY

Our program is leading in its field using the most current research and innovation.

To optimize your lifelong performance in work, life and play.

Therapy with Results!

We direct bill private insurance if applicable.

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Official Off-Site Therapy Supplier for the Red Deer Rebels



Baseline Testing Centre for Red Deer Midget AAA Optimist Chiefs, Lacombe Minor Football & Red Deer Minor Football

