

Concussion Management Team

Concussions are a complex condition with an impact on multiple systems resulting in a variety of symptoms at different sensitivities. In order to best treat each individual, a multidisciplinary team should be established and open communication should be maintained throughout treatment.

Neuropsychologists

- Neuropsychologists evaluate the initial state of a concussion, establish pre-existing impairments, barriers to recovery, and work with the other team members to create an individualized treatment plan.

Vestibular Physical Therapy

- Specialized Physical Therapy that addresses dizziness, vision stability, and imbalance experienced due to impaired neurological processing.

Exertional Physical Therapy

- Physical therapists utilizing aerobic, strengthening, and dynamic movements to ensure symptoms are not provoked at higher level demands that are specific to the individual's daily and recreational interests.

Primary Care Sport Medicine & Physical Medicine and Rehabilitation

- Provide medical intervention for conditions preventing optimal recovery. This may include anxiety, unresolving headaches, and sleeping disorders.

Behavioral Neuro-Optometry

- Concussions can compromise the coordination of the eyes and communication with the brain. Optometrists utilize various devices to optimize vision.

Orthopaedic/Neurosurgery

- Surgical interventions may be required to resolve neck pain, headaches, or additional complications due to a traumatic nature of the concussion.

Neuroradiology

- Imaging may be utilized to investigate worsening symptoms or rule out hemorrhages.