



Your Path to Improved Health CONCUSSION

www.erasosaphysio.com



Additional services include:

- specialized programs for shoulder, back and knee pain
- post-surgical rehabilitation
- acupuncture
- sports injuries - specialized programs designed for the prevention and treatment of injuries
- massage therapy
- motor vehicle accident injuries
- work-related injuries
- several clinic sites offer women's health programs for breast cancer and osteoporosis
- Fit to Move™ Lifestyle Assessment for the prevention of heart disease, diabetes and stroke
- several sites offer custom brace fitting and other braces and support devices.

Our clinics are conveniently located and offer extended morning and evening appointments to accommodate your busy schedule

EPA clinics. Give us a call today!

ACTON	519.853.9292
BURLINGTON	905.315.7746
CAMBRIDGE / HESPELER	519.220.1794
CONESTOGA COLLEGE	519.748.5131 x3585
ELORA	519.846.9919
GEORGETOWN	905.873.3103
ORANGEVILLE	519.940.8993
GUELPH - BULLFROG MALL	519.767.9950
GUELPH - HEALTH AND PERFORMANCE CENTRE	519.767.5011
GUELPH WOMEN'S HEALTH ASSOCIATES	519.780.0606



Our EPA clinics are conveniently located with today's busy schedules in mind. Our professional, friendly team will welcome you to the clinic and assist you in the following ways:

- billing inquiries and payment options
- health insurance provider information (WSIB, MVA, private health insurance)
- booking convenient appointments
- collecting new patient information
- answering questions and directing any concerns to appropriate personnel

Our caring administrative team will also introduce you to your physiotherapist.



Your Path to Improved Health

Clarify. Collaborate. Treat. Discharge and Review.



1 Clarifying your concussion:

The diagnosis or suspicion of a **concussion** can build anxiety that extends beyond the injured individual. As a parent of a child with a **concussion**, there is often a feeling of helplessness and sense of non-direction. An athlete's emotions can range from a "want" to be back in the game, to anxiety and stress over wondering what life may look like without sport or being able to catch up at school. An adult who is suffering from a **concussion** can experience the same fears and anxiety over their sport or academic life, but the stress is often compounded by responsibilities around work and parenting.

Concussions are now readily labelled as a type of brain injury. **Concussions** reduce brain activity which can result in many symptoms. Following a **concussion**, the brain remains in a vulnerable state where another insult can negatively impact long term. Most **concussions** resolve in 1-2 weeks and do not result in long term deficits – if treated appropriately.

What causes concussions?

- A **concussion** incident from a direct impact to the head is easier to recognize. In sport this could be a fall, a baseball to a mask or a body check/contact to the head (heading in soccer). But events that involve a black eye and/or teeth displacement are often missed as direct blows to the head. In life direct blows also can come from events like falls or hitting your head on your trunk/car door.

1 (cont'd)

- **Concussions** can also come from an indirect force to the head. An awkward stumble that doesn't actual result in a fall but jolts the neck, creates a "whiplash" force that moves the brain within the skull.

In either case, a **concussion** CAN occur WITHOUT a loss of **consciousness**. After such incidents, a medical professional should be used to rule out a **concussion**. There isn't a test such as an XRAY, CT Scan or MRI to rule out a concussion. If any of the following symptoms are present, the individual should see a trained medical professional.

Concussion Signs & Symptoms

Headache/Sensitivity to Noise
Vision Changes/Sensitivity to Light
Dizziness and/or Nausea
Feeling in a fog or slowed down
Feeling of Unsteadiness or Balance Loss
Reduced Concentration/Reduced Memory
Neck Pain
Fatigue or Low energy
More emotional or irritable/sad
Increased Nervousness or Anxiety
Difficult Sleeping

2 Treatments and Prevention of a Concussion

Always look for a medical professional to assess any symptoms after a possible concussive incident. EPA's unique process assesses individuals to determine what symptoms are contributing to their possible **concussion**. Research outlines that those individuals that seek out physiotherapy to assess and treat the various systems in your body that contribute to these **concussion** symptoms return to school/work and sport earlier compared to patients that just "rest".

Our physiotherapists use their advanced manual therapy skills to treat symptoms coming from the neck. Where appropriate we include balance and vision training exercises. We adhere to a rigorous cardiovascular conditioning and sport specific protocol prior to making recommendations to return to sport.

Most importantly, our physiotherapists advocate for patients and their support teams. We make ourselves available for the many questions and communicate with doctor, coach/trainer and employer. **Concussion** recovery varies amongst patients. Research clearly shows that concussions in patients under the age of 18 can often take longer to recover. Most **concussion** patients are cleared for return to school/work and sport within 2 weeks, but those with more severe symptoms may be in treatment longer.

3 Prevention:

The strength behind **concussion** prevention often relies on adhering to rules to avoid unnecessary and inappropriate head and body contact. While wearing safety equipment can reduce other injuries, no specific helmet or mouth guard has been shown to reduce concussive symptoms to date.

4 Discharge Review

To keep you on your Path to Improved Health, you will receive home exercises and tools to continue your exercises. We will also provide you with many concussion resources and ensure that we keep your Family Doctor aware of your progress to date.

5 Discharge Peak Review

We want to ensure you stay at your peak performance either in school, sport or work. We will follow up with you after you are discharged, and should you have a reoccurrence or another concern, we would invite you to return to the clinic.

