

Shift CONCUSSION MANAGEMENT PROGRAM



We now offer Concussion Management Services!

Introducing the “Shift Concussion Management Program”

Our Health Professionals recently underwent advanced concussion management training in order to better serve our patients and our community.

Shift Concussion Management is an advanced concussion education and rehabilitation platform dedicated to elevating the standards of concussion care in the province. Recently, Shift’s Guelph, ON clinical headquarters was named by

ImPACT® Applications, Inc., developer of the ImPACT® Test and ImPACT® Concussion Management Model, an “Ontario Center of Excellence.”

Shift Concussion Management is the first in Canada to obtain this unique designation. It recognizes Shift for taking a leading-edge approach and delivering the highest standards of care for concussion management, using ImPACT’s globally recognized state-of-

the-art Concussion Management Model.

In order to become a certified clinical provider of the Shift Concussion Management Program, our Health Professionals were required to demonstrate proficiency in neurocognitive assessment of concussion (ImPACT Testing), as well as advanced rehabilitation techniques. Please contact us for more information.

About ImPACT®

ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the most scientifically validated computerized concussion evaluation system available. It is used by many teams and organizations globally, including teams in MLB, NHL, NFL and WWE.



Why a BASELINE Test?

Concussions can produce a wide array of symptoms, which poses a challenge for coaches, trainers, parents and health professionals involved in the care of an injured athlete. The time-course for recovery also varies widely from athlete to athlete, making it impossible to employ a “cookie-cutter” approach to concussion rehabilitation and return-to-play timelines.

Currently, there is no reliable diagnostic test or marker that can be used to identify a concussion when it’s occurred, or conversely, when it’s resolved.

For this reason, a growing emphasis has been placed on objective baseline testing protocols that can be used to track an athlete’s recovery and serve as a tangible measurement for return-to-play readiness. By measuring an athlete’s “normal” level of functioning, we are better able to gauge the level of impairment that may exist post-injury by performing comparative testing.

We use ImPACT at baseline to assess neurocognitive function (memory, reaction time, processing speed, etc.). We also assess certain areas of physical performance such as balance.

For more information, visit www.shiftconcussion.ca and www.impacttest.com



Trainer’s Corner: What to do if you suspect your player has a Concussion

We’ve all heard about the signs and symptoms that might appear after an athlete sustains a concussion. While many of us have not been unfortunate enough to have to pull a player due to a head injury, those Trainers that have, often comment on the “glassy look” that is seen on a concussed athlete. Something just doesn’t seem right.

Any athlete displaying signs of a concussion should be immediately pulled from play. While many concussions present with headache, dizziness, nausea and/or balance difficulties, others are less obvious. As a trainer it is your job to operate with a high

level of suspicion. If one of your athletes just doesn’t appear “right” do not hesitate to pull him/her from play. You know your athletes better than most, and will recognize subtle changes in behavior or performance.

If a concussion is suspected, the athlete should see a medical physician as early as possible for further evaluation. Most sport related concussions do not require emergent care unless there is evidence of severe impairment such as increasing confusion; difficulty recognizing people or places, excessive drowsiness, repeated vomiting or rapidly worsening headache.

Not all medical physicians are trained in the administration and interpretation of ImPACT tests. If, following medical evaluation a diagnosis of concussion is confirmed, we recommend a follow-up assessment with us. An initial evaluation includes repeat ImPACT testing that is compared against the athlete's baseline (if a baseline is available). In addition to ImPACT testing our healthcare



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team is trained to evaluate other components of the injury including balance, vision, coordination, and secondary conditions such as whiplash and/or neck pain.

Our healthcare team can provide specific rest strategies and recommendations around school and work, as well as offer therapeutic strategies to help expedite recovery.

While assessment and follow-up visits are not covered by OHIP, most extended healthcare insurance plans will reimburse for the cost of care. Hockey Canada may also cover a portion of the athlete's



Concussion Awareness Initiatives: stopconcussions.com

Shift is a proud supporter of stopconcussions.com - a concussion education and awareness platform founded by former Philadelphia Flyers Captain Keith Primeau and former European hockey player Kerry Goulet. Stopconcussions.com emphasizes a 4-pillar program to tackle the concussion epidemic: #1 Education, #2 Prevention, #3 Management, and #4 Research. For more information on ongoing events and initiatives, visit their website.

EXPERIENCE
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Vision and Concussions

The visual system is often significantly impacted by a concussive injury. In many cases visual acuity or overall clarity of vision is not affected but rather the ability of the eyes to work together in a coordinated fashion. This type of impairment may not be picked up by a regular optometric eye exam.

In some, symptoms of visual dysfunction may resolve in a short time frame, while in others symptoms may be ongoing for weeks or even months. Symptoms of visual dysfunction following head trauma may include headache, eye pain, visual "fatigue," difficulty reading, dizziness, focusing issues, and double vision.

Our health professionals are trained to identify those athletes who may be suffering from a visual dysfunction post-concussion. Athletes who demonstrate problems with visual coordination should be assessed by an Optometrist with special interest in this area of vision assessment and therapy.

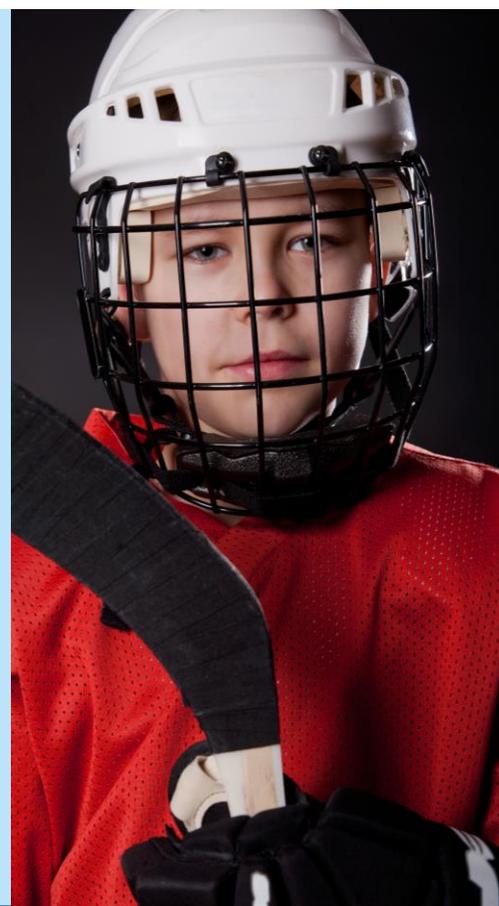
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What to do if you suspect your player has a concussion...

In the early stages of a concussion (especially the first 48-72 hours) athletes not only require complete physical rest, but cognitive rest as well. Therefore, activities requiring attention and concentration may need to be modified or avoided altogether. These include schoolwork, video games, text messaging, computer games and so forth. Our Therapists will help devise a rest strategy specific to the needs of the injured athlete. Every concussion is different.

Exercise should be gradually introduced once symptoms resolve. All athletes require clearance from a medical physician prior to returning to full contact play. Our Health Professionals will forward all ImpACT test results and progress notes to the attending Physician to aid in clinical decisions around return-to-play.

If you have any questions, do not hesitate to contact us.



More on Vision and Concussions...

Shift Concussion has engaged the consulting services of Dr. Patrick Quaid (Optometrist, FCOVD, PhD) to increase awareness of how concussion affects vision. Dr. Quaid is part of IRIS The Visual Group, a completely integrated network of over 500 eyecare professionals (optometry, ophthalmology and opticianry) collaborating in over 165 locations across Canada with the sole purpose of helping improve the vision of Canadians.

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