

What is a Concussion?

A concussion is a disruption of neurological functioning as a result of significant impact to the head or elsewhere on the body. This results in a biochemical imbalance within the brain cells as well as decreased blood flow and temporary energy deficit within the brain.

Concussions in Youth:

A large proportion of diagnosed concussions in children and adolescents occur in sports. An appropriate management process ensures a safe return to school and sport.

- ✓ Assessment
Assessment within 24-48 hours for all urgent referrals
- ✓ Diagnosis
Provide diagnosis and education on concussions, management, and treatment
- ✓ Management
Managing activities to ensure a timely recovery and return to all activities
- ✓ Treatment
Exertional testing, manual therapy, vestibular and ocular rehabilitation



Contact Us For an Appointment

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Live Active
Sport Medicine Health and Performance

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Concussion Program

Our integrated team based approach to concussion management utilizes the unique skill set of our highly trained concussion therapists and sports medicine physician. As well, our network of performance optometry, neuropsychology and occupational therapy ensure our patient's are receiving the highest quality of care.

Our management program includes an initial sports medicine consultation where a tailored return to learn and sport plan is developed with our concussion therapists. Our evidence-based management program consists of the following:

Return to School/Sport - We follow international guidelines developed to safely return children and adolescents back to school followed by sports.

Physical exertion testing - Our athletes undergo a two stage rigorous physical exertion testing to ensure safe return to sports.

Targeted therapy - Our highly trained therapists provide children and adolescents with ongoing exercise, visual/vestibular and manual therapy, along with diet education to address ongoing concussion symptoms as necessary.



Exertion Testing

The Buffalo Concussion Treadmill Test is a walking treadmill test developed by researchers at the University of Buffalo. It has been demonstrated to be a safe and reliable test to assess concussions. The information gathered from the Buffalo Treadmill Test allows our therapists to tailor a sub-symptom threshold exercise program for concussion patients, as exercise is the best medicine!

Visual/Vestibular Rehabilitation

Dizziness and visual difficulties often occur following concussions. Our team of highly trained therapists will assess for ongoing visual and vestibular deficits and teach patients how to perform therapeutic exercises at home.

Manual Therapy

Many of the common signs and symptoms of whiplash injuries overlap that of concussion. Patients who have ongoing cervicogenic injuries may mimic persisting concussion symptoms.

Our concussion therapists find the root cause of persistent symptoms and develop a targeted treatment plan utilizing various manual therapy techniques.

Diet Plan

Following a concussion, there is a temporary metabolic deficit of the brain cells. To encourage a recovery and energy levels and decrease any inflammation within the brain we educate patients on dietary guidelines to follow to enhance recovery.

Concussion Tracking Application

Patients can access the Complete Concussion smart phone app which provides concussion education, dietary information and current stage of recovery. Patients can enter their symptoms into the app's Post-Concussion Symptom Scale and the data is immediately transferred to their file for our therapists to view. Keeping track of patients' symptoms is an effective way to track recovery!

- ✓ Concussion Management Program
- ✓ Return to school/sport protocol
- ✓ Physical Exertion Testing
- ✓ Exercise, visual/vestibular and manual therapy
- ✓ Diet Plan