



ONE IN 10 ATHLETES  
WHO PLAY CONTACT SPORTS  
SUSTAIN A CONCUSSION  
EACH YEAR.



▲ Biodex Balance SD, an integral part of the Biodex Concussion Management Program.

Partner with us for your  
Concussion Management Program

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## BALANCEASSESSMENT



# CONCUSSION MANAGEMENT

Measured Outcomes • Objective Decisions

Using best practices and  
state-of-the-art equipment,  
lets us help you answer the  
question with confidence...

“Can this athlete return to play?”

## FACTS ABOUT CONCUSSIONS:



In the US alone, more than 300,000 sports-related concussions occur annually; high school and college football make up the highest percentage of those in jeopardy. All athletes, not limited to contact sports, have the potential to experience a concussion at some point during their careers.

Doctors at the Department of Neurological Surgery, University of Pittsburgh Medical Center's Sports Medicine Concussion Program, want athletes, coaches, trainers, team physicians and parents to know about new research data on concussion symptoms and the effects and dangers of returning concussed athletes to the playing field before the brain has had time to heal. The results of six separate research studies in major medical journals have revealed the following:

- High school athletes are likely to have slower recovery than college-aged or older athletes and to be more susceptible to severe neurological deficits should they be reinjured during recovery.
- Post concussive symptoms can be quite subtle; coaches and athletic trainers often miss the diagnosis.
- All concussions cause significant and sustained neuropsychological impairments in information-processing speed, problem solving, planning and memory...impairments are worse with multiple concussions.
- Amnesia, not loss of consciousness, may be the main indicator of concussion severity and predictor of post-injury, long-term neurological problems. Research shows an athlete can have a severe concussion without losing consciousness.

## CAN PROVIDE A BEST PRACTICES CONCUSSION PROGRAM!

Our facility uses the  
**Biodex Balance Assessment Program  
for Concussion Management**

which brings together cognitive and functional objective assessment. Using accepted tools and best practices, this comprehensive program provides an off-site single-source solution for your athletes.

### PROGRAM OVERVIEW:

- Concussion management education for coaches, players, parents and administrators.
- Objective preseason baseline testing of balance and neuro-cognitive function is used to identify any pre-existing conditions or for post-injury comparison.
- Sideline assessment protocol helps gather information at the time of injury for symptoms, cognition and function. Sideline assessment is the cornerstone for identifying red flags that may require immediate medical attention.
- Return-to-Play decisions are supported by evidence-based protocols.
- HIPPA compliant post-injury Summary Report shows status, progress and outcomes of tests.

### ► Consistent with NCAA Guidelines



## PROGRAM DETAILS:

For athletic programs that lack the resources to fully implement a concussion program in-house, we offer cognitive and balance assessment, test result storage with objective documentation and medically-supported protocols.

offers a structured concussion management program utilizing best practices and state-of-the-art equipment to help answer the question, **“can this athlete return to play?”**.

#### PRESEASON BASELINE SCREENING

- Graded Symptom Check List
- Neuro-Cognitive Test
- Clinical Test for Sensory Integration of Balance (mCTSIB) performed on the Biodex BioSway.



#### POST-INJURY EVALUATION

- Graded Symptom Check List
- Repeat neuro-cognitive test compared to baseline
- Repeat mCTSIB compared to baseline
- Review results and recommend best practice action plan
- Access to Concussion Health for medically-supported discussion, if necessary



#### INTERVENTION



#### RE-EVALUATION FOR RETURN-TO-PLAY DECISION

Comparison of preseason and post-injury objective test results are reviewed in consultation with parents, athlete, physician and coaching staff (with permission), regarding return-to-play decision.