

What is Baseline Concussion Testing?

Baseline concussion tests, such as the SCAT3 are screening tools used to assess an individual's physical and neurocognitive performance (balance, attention/concentration, orientation and memory) as well determine the presence of any concussion symptoms. It is beneficial to have a pre-test performed on a yearly basis, so that in the event of a concussion there is baseline information available regarding the individual's function and a post-test can be administered. Comparative results from before and after the concussion can assist with diagnosis and management.

Where to Go for Concussion Help

Doctor, Family/Nurse Practitioner/SAH
Emergency: Concussion assessment, diagnosis, treatment.

Sault College Sports Clinic.
705-759-2554 ext. #2457.

Sault College Sports Clinic. Hayley Campbell: Concussion Pro Specialist, Ignite Gym, self-referrals. Baseline and Post-Concussion Testing. 705-256-134
www.concussionpro.com

Jeremy Paquin O.T. Reg. (Ont.)
Registered Occupational Therapist. (Ont.)
Catalyst Fitness. Baseline and post-concussion advice. Self-referrals. 705-971-5415 www.concussionpro.com

Nicola Gray: Certified Athletic Trainer, Sault College/TMX Crossfit. Baseline and Post-Concussion Testing. Self-referrals. 705-254-9626 www.tmxcrossfit.com

Brain Injury Association of Sault Ste. Marie & District (BIASSMD) Ms. Elizabeth Eddy. 705-246-9191
braininjurysmd@gmail.com

Julie Myers, MSW, RSW: March of Dimes Canada. Self-referrals with exception of Acquired Brain Injury Outreach Program (medical documentation required) 705-254-2525 jmyers@marchofdimes.ca

Tyler Belanger: Director of Education and Research Ignite Gym.
tyler@ignitegym.com.

Call "211" or visit www.211ontario.ca to find community/social services. Free. Confidential. Live answer 24/7.

Telehealth Ontario: free, confidential health advice/general health information from a Registered Nurse 24 Hours a day, 7 days a week. 1-866-797-0000 or (TTY) 1-866-797-0007

CONCUSSION AWARENESS & MANAGEMENT

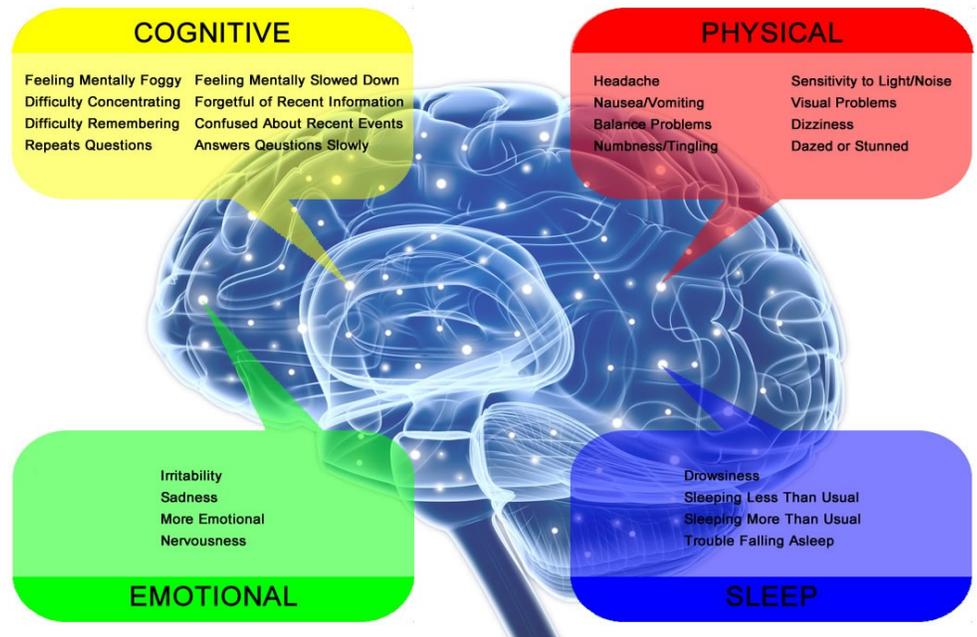
WHAT IS A CONCUSSION?

A concussion is a type of brain injury that may be caused by a blow to the head, face, neck or body that causes sudden shaking of the brain inside the skull. You do not need to lose consciousness in order to have a concussion.

WHAT CAN CAUSE A CONCUSSION?

Many activities can lead to a concussion, including sports, car accidents, falls, biking accidents, playground injuries or fights.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?



See a physician if a concussion is suspected.

HOW IS A CONCUSSION MANAGED?

Symptoms are typically made worse by physical and mental exertion. The most important treatment is **REST**. Return to normal activities, including sports should be done gradually. If symptoms return it is a sign that the brain is still healing and more rest is needed!

Return to Sports:

Step 1: No activity. This means mental and physical **REST** until symptom-free.

Step 2: Light aerobic activity such as walking or stationary cycling as tolerated.

Step 3: Sport specific aerobic activity for 20-30 minutes. **NO BODY CONTACT.**

Step 4: Training drills for 20-30 minutes with **NO BODY CONTACT.**

Step 5: Training drills with body contact, once cleared by a doctor.

Step 6: Game play.

**Each step must take a minimum of one day. Experiencing Symptoms? Return to rest until symptoms have resolved or a minimum of 24 hours and consult with a physician if symptoms persist.*

References:

http://www.advancedvisiontherapycenter.com/services/sports_vision/concussion_management/

<http://www.parachutecanada.org/activeandsafe>