

# Return to Sport

At Elite Sports PT, we implement an evidence based, graduated Return to Sport protocol based on objective step-based milestones.

As the athlete's symptoms improve, they will be gradually and properly progressed through structured physical therapy to aid in the recovery of aerobic endurance and strength and conditioning for return back to their sport.



Since the symptoms of a concussion can vary greatly, the timeline for appropriate return to sport and normal activities is variable. We communicate with your physician, parents/guardian, and coaches in order to ensure a safe and appropriate return to sports/activity.



## About Elite SPT

Elite Sports Physical Therapy is the premier sports medicine practice in the area providing specialized care to elite athletes through one-on-one rehabilitation, education, prevention, and teamwork: thereby enabling today's athletes to compete with confidence, mental toughness, superior strength, flexibility, health, and athleticism leading to the fulfillment of potential and success in their given sport.

For information or to schedule an appointment, please call us at (732) 544-0011 or visit [www.elitespt.com](http://www.elitespt.com)

## Elite Sports Physical Therapy

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# Post-Concussion Rehabilitation Program

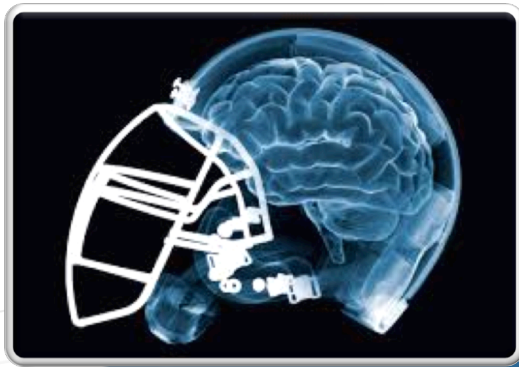


Providing comprehensive evaluation and treatment of sport-related head injuries



# Facts About Sports-Related Concussion

- 1.6-3.8 million sports/recreation related concussions occur each year in the United States
- Concussions account for ~10% of all sports injuries
- Athletes have as high as a 19% risk in experiencing a concussion while playing a contact sport each season of play
- 1 out of every 10 concussions goes unreported or undetected



## What is a Concussion?

According to the Center for Disease Control (CDC), a concussion is a type of a traumatic brain injury caused by a bump, blow, or jolt to the head. Direct or indirect forces can result in neuronal damage and impair the ability to transmit important information from one area of the brain to another.

- Can occur during practice or competition in ANY sport
- A loss of consciousness is not required, in fact only occurs in 10% of concussions
- If a concussion is suspected, the athlete must be removed from play immediately and evaluated by a medical professional!



## Symptoms

Concussion symptoms can range from mild to severe and may appear immediately or evolve over several hours or days. The most common concussion symptoms include:

- Headache
- Confusion
- Dizziness/loss of balance
- Feeling sluggish, hazy, groggy
- Feeling irritable or “down”
- Light or noise sensitivity
- Difficulty remembering or concentrating in school
- Altered sleeping patterns

Physical and cognitive rest is vital for recovery and to allow the brain to heal.

Majority of concussion symptoms will resolve within 7-10 days, however 10% may experience prolonged symptoms.

Athletes who are asymptomatic at rest or those with prolonged symptoms need to be tested during symptom provoking movements in order to assess recovery.

## Concussion Rehabilitation at Elite Sports PT

At Elite Sports PT, your initial visit will consist of a comprehensive evaluation of the **neurological, musculoskeletal, vestibular, and oculomotor** systems, which are commonly affected after concussion.

An *individualized treatment plan* will be designed and may include the following services:

- Vestibular rehab to reduce dizziness
- Manual therapy for the cervical spine
- Balance and proprioception re-training
- Hand-eye coordination skills
- Body mechanics and posture
- Progressive aerobic conditioning with heart rate monitoring
- Neck stabilization
- Athlete/Guardian education
- Return to Sport Protocol

Katherine Gibson, PT, DPT, CSCS

- Doctor of Physical Therapy
- Concussion Specialist
- Certified Strength & Conditional Specialist

