

Concussion Symptoms

May Include:

Headache

Nausea

Dizziness

Balance Problems

Visual Problems

Fatigue

Light Sensitivity

Sound Sensitivity

Concussion Management Includes:

Impact Testing

**Physical Therapy Vestibular and
Oculomotor Evaluation**

Vestibular and Balance Therapy

Vision Therapy

Exertional Therapy

Return to Play Protocol



www.IndianaTotalTherapy.com

ADVANCED Concussion Management

at

**Balance and Concussion Center
120 IRMC Drive, Suite 120
Indiana, PA 15701**

Phone: 724.465.8505

Mon, Wed, Thurs. 8 am—6:30 pm

Tue. & Fri. 7:30 am—noon

Specialized Therapists bringing you specialized care

Jamie L. Chichy, DPT



ADVANCED Concussion Management



Treating Concussion and Post Concussion Symptoms

Concussion Management



- Test of cognitive abilities
- Used in concussion management and evaluation
- Measures patients symptoms
- Measures verbal and visual memory, processing speed, and reaction time

Available at all Indiana Total Therapy Locations

Physical Therapy Vestibular and Oculomotor Evaluation

- Assessment of Labyrinth function
- Assessment of eye movement, coordination, and gaze stability
- Balance and Postural Control evaluation
- Coordination evaluation



Vestibular and Balance Therapy

Vestibular and Balance therapy includes individualized exercises to decrease dizziness and improve overall balance and postural stability.

Vision Therapy

Vision therapy includes individualized exercises to address convergence and accommodative insufficiencies.



Exertional Therapy

Exertional therapy includes progression of aerobic exercise in target heart rate ranges to monitor symptom recurrence and/or reproduction.

Return to Play Protocol

The Return to Play protocol includes progression through graded aerobic exercise and sport specific activities monitoring for symptom reproduction. Return to play is based upon physician release once completing protocol.

*Based upon Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport, Zurich, November 2012

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The goal of Physical Therapy is to resolve post concussion symptoms for return to sport and activity.