

**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
at ITT West
2010 Shelly Drive
Indiana, PA 15701**

Phone: 724.349.2276

Mon, Wed, Thurs. 7 am—6:30 pm

Tue. & Fri. 7:00 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.