

Concussion Care

LifeMark and Centric Health is able to meet your concussion management needs. We can provide concussion education for your sports organization, so your coaches and players are able to appropriately identify concussions and gain understanding of the associated risks. We can partner with you to create a plan of what needs to be done should a concussion occur, and provide access to interdisciplinary concussion assessment and treatment allowing your athletes to safely and efficiently get back in the game.

Concussion Awareness Webinars

One of the biggest gaps in concussion management, is the lack of knowledge of the seriousness of concussions. As Canada's largest and most comprehensive provider of healthcare services, LifeMark and Centric Health works with sport organizations to put forth free concussion awareness webinars.

These informative and interactive webinars will be hosted by LifeMark and Centric Health and a team of experienced concussion therapists. The webinars may include guest speakers and will spread awareness about some of the following areas;

- How to recognize a concussion
- Current recommendations for rest and the active recovery model
- How to minimize and manage persistent symptoms
- Importance of the Return to Learn/Play decision
- Baseline testing and concussion management planning

What is ImPACT® neurocognitive testing?

ImPACT® is a widely used and scientifically validated computerized test used to assess an individual's neurocognitive function. It can be used to acquire a baseline measurement and would be repeated should a concussion occur, for comparative purposes.² ImPACT® evaluates things such as learning and memory skills, ability to concentrate, reaction time and visual abilities. It is one of several tools used to assess and guide recovery and can be repeated at intervals to chart progress.

What is included in concussion baseline testing?

We offer two (2) levels of Concussion Baseline Testing:

1. \$30 Group ImPACT® testing
 - a. Includes computerized neurocognitive testing administered to a group of athletes at the same time.
 - b. Takes about 30 minutes to complete
 - c. Administered by a kinesiologist
 - d. Volume discounts may apply
 - e. Arrangements for group handled by Cole Rubinoff
 - f. Typically not reimbursable extended healthcare coverage plans
2. \$80 Individual Full Protocol Concussion Baseline testing
 - a. Includes
 - i. ImPACT® testing
 - ii. Medical history
 - iii. King Devick vision testing
 - iv. BESS Balance Test
 - v. Neck Mobility
 - vi. Posture screen
 - b. Booked directly with the clinic
 - c. Completed by a physiotherapist
 - d. Often reimbursable under extended healthcare coverage plans



Why concussion rehabilitation?

Up to 15% of individuals who sustain a concussion will experience persistent concussion symptoms and often these individuals need more than rest to recover. Studies have shown that early interdisciplinary interventions help to prevent post-concussion syndrome¹. Our rehabilitation services address the physical, behavioral and cognitive symptoms that sometimes persist following a concussion and assist individuals in return to learn and return to play.

What does an assessment include following a concussion?

Physiotherapy concussion assessment includes:

- Symptom Evaluation and Medical History
- ImPACT® Neurocognitive Testing (on computer)
- Cervical Spine Assessment
- CNS Scan
- Vestibular and Vision Screening
- Physical and Functional Testing

What type of treatment would typically be provided?

Recovery from persistent symptoms requires more than just sitting in a dark room, with no stimulation, waiting to feel better. Recent research very much supports an active approach to recovery.⁴

- Education on appropriate cognitive and physical rest
- Incremental Exercise Progression & Exertional Training
- Balance Exercises and Canalith Repositioning
- Vision Training
- Manual Therapy and Soft Tissue Release, often c-spine
- Cognitive Retraining & Work Conditioning

What safety measures does LifeMark follow?

Our assessment protocol is designed to identify potential red flags which would require further medical evaluation and would eliminate some candidates from participation in an active rehab program. Exercise progression will be carefully monitored to evaluate any aggravation of symptoms, as well as other physical measures such as heart rate and blood pressure.

Who pays for this service?

The cost of the concussion rehabilitation may be covered under extended health benefits, disability insurance, car insurance or work injury insurance.

Where can I find out more?

For further information please contact Business Development Lead, Concussion Management Cole Rubinoff cole.rubinoff@lifemark.ca.

You can also visit us online at www.lifemark.ca/services/speciality-programs/concussion-care

