



EVEREST SPORTS INJURY CLINIC

Concussion Management

Managing a concussion and recovery can be daunting. At the Everest Sports Injury Clinic, we strive to help our patients identify a concussion, seek treatment methods if necessary, including appointments sport physicians in the area, and manage the return-to-learn and return-to-play process. We test for your symptoms, mental functions, balance, cervical spine, mood, response to exercise and neurological (brain) functions. Knowledge is power when it comes to concussion related-injuries and we are here to help educate. We follow the most up-to-date guidelines and recommendations from the [International Consensus Statement on Concussion in Sport](#).

Resources:

Paraclete Canada: <https://parachute.ca/en/injury-topic/concussion/>

Characteristics of a Good Concussion Clinic: <https://casem-acmse.org/wp-content/uploads/2018/06/CCES-PUB-CCC-4Qs-E-FINAL.pdf>

Concussion Resources from the Canadian Association of Sport and Exercise Medicine: <https://casem-acmse.org/resources/concussion/>

Definition of a Concussion:

While difficult to define, this is the definition from the 5th Consensus Statement on Concussion in Sport:

Sport related concussion [SRC] is a traumatic brain injury induced by biomechanical forces. Several common features that may be utilised in clinically defining the nature of a concussive head injury include:

- SRC may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an impulsive force transmitted to the head.
- SRC typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously. However, in some cases, signs and symptoms evolve over a number of minutes to hours.
- SRC may result in neuropathological changes, but the acute clinical signs and symptoms largely reflect a functional disturbance rather than a structural injury and, as such, no abnormality is seen on standard structural neuroimaging studies.
- SRC results in a range of clinical signs and symptoms that may or may not involve loss of consciousness. Resolution of the clinical and cognitive features typically follows a sequential course. However, in some cases symptoms may be prolonged.

The clinical signs and symptoms cannot be explained by drug, alcohol, or medication use, other injuries (such as cervical injuries, peripheral vestibular dysfunction, etc) or other comorbidities (eg, psychological factors or coexisting medical conditions).

Source: <https://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097699.full.pdf>

About the Everest Sports Injury Clinic

Open year-round, the Everest Sports Injury Clinic is available to Everest Academy students and the public. We offer athletic therapy, kinesiology, and massage therapy. We are looking to add physiotherapy in the coming months. Our clinic specializes in acute injury care, exercise therapy, high performance maintenance of the body, as well we concussion management. In a relaxed and sports-driven environment, we put your needs first. We strive to get you back into sport stronger, more aware, and ready to excel. "We are leaders in getting you back in the game."

Contact Us

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