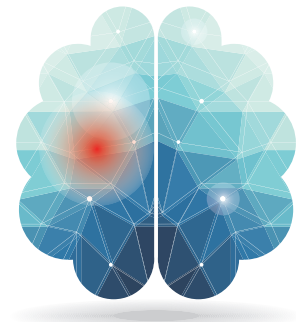


## Physical Therapy, Rehabilitation and Sports Medicine

Patient Information

# Post-Concussion Therapy



### CONCUSSIONS CAN OCCUR FROM A BUMP, BLOW, OR JOLT TO THE HEAD

They can also occur when you experience a fall or a blow to the body that causes the head and brain to move quickly back and forth. Many people believe that to have a concussion you must have loss of consciousness. This is inaccurate. Loss of consciousness only occurs in less than 10% of concussions, but even a mild concussion can change the way your brain works and can impact your physical, emotional, and mental well-being.

Concussions are complex injuries. It is important to seek proper assessment and treatment before returning to normal activities. You should first see your physician for an evaluation as soon as possible. Initial treatment for a concussion includes full cognitive and physical rest (no TV, radio, phone texting, computing, including minimal lights and noise). After this period of rest, research indicates active rehabilitation is recommended.

Chester County Hospital’s rehabilitation specialists are specially trained in concussion care and can perform an in-depth assessment, which will provide valuable information to help assess your needs and level of recovery. Additionally, our therapists will develop an individualized plan that will include the establishment of a treatment program with home activities.

#### REHABILITATION MAY CONSIST OF:

- Balance training and vestibular therapy
- Manual therapy to restore cervical function
- Graded aerobic exercises below the symptom sub-threshold level
- Progression of return to play protocol
- Speech therapy for working memory or concentration difficulties

If you or someone you know is suffering with symptoms related to a concussion, ask your physician for a referral or call one of our locations for more information.

#### Have you suffered a concussion and are experiencing any of the following post-concussion symptoms?

- Headache
- Dizziness
- Balance Problems
- Difficulty Concentrating
- Trouble with Memory
- Problems Focusing
- Sleep Disturbance
- Mood Changes

#### Are you having difficulty completing any of the following tasks?

- Playing Sports
- Completing School Work
- Reading
- Sleeping

### Physical Therapy, Rehabilitation and Sports Medicine

#### WEST CHESTER

Fern Hill Medical Campus  
915 Old Fern Hill Road  
Suite 4, Building A  
West Chester, PA 19380  
610.738.2480

#### EXTON

The Commons at Oaklands  
700 West Lincoln Highway  
Exton, PA 19341  
610.518.5845

#### KENNETT SQUARE

Medical Office Building at  
New Garden  
830 West Cypress Street  
Kennett Square, PA 19348  
610.444.6242

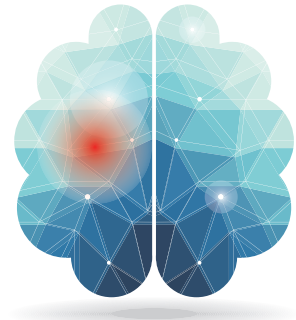
#### SOUTHERN CHESTER COUNTY

455 Woodview Road  
Suite 115  
West Grove, PA 19390  
610.345.1950

## Physical Therapy, Rehabilitation and Sports Medicine

Physician Information

# Post-Concussion Therapy



### CONCUSSIONS CAN OCCUR FROM A BUMP, BLOW, OR JOLT TO THE HEAD

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Concussions are complex injuries. It is important to seek proper assessment and treatment before returning to normal activities. We are encouraging all patients to see their physician for an evaluation as soon as possible. Initial treatment for a concussion includes full cognitive and physical rest (no TV, radio, phone texting, computing, including minimal lights and noise). After this period of rest, research indicates active rehabilitation is recommended.

Chester County Hospital's rehabilitation specialists are specially trained in concussion care and can perform an in-depth assessment, which will provide valuable information to help you determine the patient's care needs and level of recovery. Additionally, our therapists will develop an individualized plan that will include the establishment of a treatment program with home activities.

If you have a patient that is suffering with symptoms related to a concussion, we can accept your referral or you can call one of our locations for more information.

#### Evaluation may consist of testing for:

- Balance
- Physical exertion capabilities
- Oculomotor response
- Speech/language/cognitive impairments
- Vestibular-ocular interaction

#### Rehabilitation may consist of:

- Balance training and vestibular therapy
- Manual therapy to restore cervical function
- Graded aerobic exercises below the symptom sub-threshold level
- Progression of return to play protocol
- Cognitive/linguistic therapy to promote optimal cognitive function

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