



SMITHFIELD
PHYSICAL
THERAPY
SPECIALISTS



COMPREHENSIVE CONCUSSION MANAGEMENT

Gone are the days of passively waiting for things to improve. See an expert provider to facilitate a faster, more complete recovery.

COLLABORATIVE
CARE

COMPREHENSIVE
ASSESSMENT

GOALS ORIENTED
MANAGEMENT

COMMON ELEMENTS OF CARE

CONTACT

US NOW



757-644-1063



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401 Grace Street,
Smithfield, VA



BALANCE/COORDINATION

- Balance often is impaired after a concussion and may be associated with risks for other injury.
- The capacity to process mental and cognitive tasks with activity is often hindered.



CARDIOVASCULAR

- Tolerance to aerobic activity is often diminished and may be associated with post-concussive symptoms.
- Structured and targeted exercise can help address these symptoms and facilitate a return to school, sports, etc.



VISUAL TRAINING

- Tasks that stress the coordination of eye movement and balance may provoke symptoms, and eye/inner ear coordination may be impaired after concussion.



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HEALTH MANAGEMENT

- Post-concussion management may involve collaboration among a potential variety of providers and should include providers qualified and educated on appropriate management of the variable symptoms that may present.



CARE FOR YOUR CHILD

- It is important to recognize that post-concussive symptoms can vary significantly in terms of types of symptoms, severity, etc.
- Being patient and attentive to how your child is behaving or performing differently and tracking these changes (or lack thereof) is important for the healthcare team.



RETURN TO ACTIVITY

- There are evidence-supported guidelines that we utilize to help facilitate return to sports/activity.
- It is important to be patient and to remain engaged with the care team – there is no one single test that should be the sole criteria for clearance to get back to sports.

**SPECIALTY CARE, RIGHT
HERE AT HOME**



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THINGS TO CONSIDER

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PRESENTATION AND PROGNOSIS

- In 2017, 15% of high school students reported having had a concussion.
- Most people with a concussion will see reasonably quick recovery. An estimated ~30%, however, will still report symptoms 3 months after injury.
- Common symptoms include headache, dizziness, impaired concentration, and balance and coordination issues.
- Imaging (X-rays, CT scan) may be useful for very severe injuries, but generally imaging cannot show or confirm the diagnosis of a concussion



WHAT TO LOOK FOR

- Little to no interest in usual activities/hobbies
- Difficulty concentrating or completing usual work/activities
- Frustration and/or seeming down may be common if experiencing day-to-day difficulties