

THINK YOU OR YOUR LOVED ONE MIGHT HAVE A CONCUSSION?

Bastien Physiotherapy is recognized by Complete Concussion Management Inc. (CCMI) and joins a network of clinics around the world offering evidence-based concussion care, helping patients and athletes safely Return to Learn, Work and Play.



Address :

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Concussion Tracker App

Patients can view baseline test results, find recognized CCMI clinics, learn recovery tips and receive prescribed rehab exercises through the free Concussion Tracker App.

HERE'S WHAT YOU SHOULD DO, **STEP-BY-STEP**

1. REMOVE YOURSELF FROM THE SITUATION THAT PUTS YOU AT RISK
2. ARE YOU EXPERIENCING ANY RED FLAGS?
3. CONTACT A PHYSICIAN OR NURSE PRACTITIONER
4. CONTACT A HEALTH PROFESSIONAL WITH PROPER TRAINING IN CONCUSSION MANAGEMENT
5. TAKE A BIT OF TIME TO REST, BUT NOT TOO MUCH!
6. START STIMULATING YOUR BRAIN
7. START MOVING!
8. KEEP PROGRESSING WITH PROPER GUIDANCE FROM YOUR HEALTH PROFESSIONAL
9. RETURN TO YOUR SPORT

— MORE DETAILS ON PAGE 2 —

Bastien Physio



CONCUSSION & SPORT INJURY
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A GUIDE FROM BASTIEN PHYSIOTHERAPY

1. Remove yourself from the situation that puts you at risk.

Stop the activity that is potentially putting you at risk of another impact.

2. Are you experiencing any **red flags**?

- Double vision
- Seizures or convulsions
- Severe headache
- Vomiting
- Prolonged LOC
- Bruising around eyes or ears
- Increased confusion
- Burning in arms or legs

If any of these symptoms are present, refer to the emergency department.

Otherwise, proceed to step 3.

3. Contact a physician or nurse practitioner.

Rowan's Law stipulates that you have to be assessed by a physician or nurse practitioner following a concussion. As an athlete, parent, or coach, it is vital that you also review the Concussion Awareness Resources before the start of each season. To review, click on the following link: <https://www.ontario.ca/page/rowans-law-concussion-awareness-resources>

4. Contact a health professional with proper training in concussion management.

Early management is very important, as the earlier you start treating your concussion, the better the outcome will be. It is important to ensure that your health professional has the proper training in concussion management in order to maximise your recovery.

5. Take a bit of time to rest, but not too much!

Although rest for the first 24-48 hours is recommended, it is important to start introducing symptom-limited activity early to facilitate return to work, school, or sport. Too much rest can actually prolong your recovery. Your health professional will be able to guide you on appropriate cognitive and physical activities in the early stages.

6. Start stimulating your brain.

Light cognitive tasks, such as reading, listening to audiobooks, or tasks similar to work/school are great examples of how you can do this. Start with 10-15 minutes and work your way up from there. Again, a proper assessment by a trained health professional will shed light on what you can and should do.

7. Start moving!

Controlled aerobic exercise has been shown to facilitate concussion recovery and is a MUST HAVE in all concussion rehabilitation programs. Your health professional will be able to guide you in regards to the right intensity of exercise after doing simple in-clinic tests.

8. Keep progressing with proper guidance from your health professional.

Your physiotherapist or trained health professional will be able to guide you along the way and facilitate your ability to return to your sport or work. This step usually includes different tests to ensure that you are, without a doubt, ready to go back to your regular work, school, or sport activities.

9. Return to your sport.

Once you've passed all the proper steps, your health professional and physician can clear you for full return to work and sports. Have fun!

CONCUSSION QUICK TIPS

Screen time — Electronic devices are okay, but start in small doses.

Avoid Isolation — Sitting in the dark too long will often make things worse. Get out and go for a walk!

Pace yourself — listen to what your symptoms are telling you. Doing too much will only set you back.

Meditate — Control your symptoms with 5-10 minutes of meditation after physical or cognitive activity.

Plan ahead — Planning your day ahead of time will make it much easier to navigate. Make sure you schedule some breaks into your calendar.