



REBOUND FITNESS & REHABILITATION

NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

Have You Ever Suffered A Concussion?



ALSO INSIDE

CONCUSSIONS ARE
SCARY WE CAN
HELP YOU RECOVER

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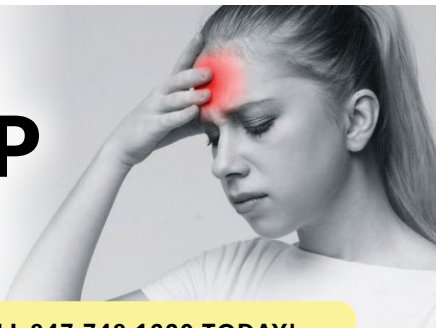


REBOUND FITNESS & REHABILITATION

NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

CONCUSSIONS ARE SCARY **WE CAN HELP** YOU RECOVER



COME BACK TO PHYSICAL THERAPY! CALL 847.748.1320 TODAY!

WHAT IS A CONCUSSION?

The general definition of concussion means the act of forcefully shaking or jarring. A sports concussion is a type of mild traumatic brain injury (mTBI) caused by a shaking or jarring of the brain. A sports concussion can occur with a bump, blow or jolt to the head or the body which causes the brain to move within the skull. This movement causes the brain to hit the inside of the skull or stretch which can result in a change in brain cell chemistry and structural injury from cell stretching. This damage can result in a variety of signs and symptoms depending on the portion of the brain involved during a sports concussion.

ARE CONCUSSIONS SERIOUS?

Sports concussions are described as a "mild" traumatic brain injury because concussions are not usually life threatening. However, concussions are a brain injury and can lead to serious long-term consequences if not managed correctly by a qualified healthcare professional.

WHAT HEALTHCARE PROFESSIONALS MANAGE AND TREAT SPORTS CONCUSSIONS?

No single healthcare professional is able to fully manage a sports concussion due to the many different issues related to a concussion. Concussion management is truly a team effort to help a patient return to his or her prior level of function. Members of the concussion management team may include a sports medicine physician, primary care physician, athletic trainer, teacher, school administrator, social worker, physical therapist, occupational therapist, speech language

pathologist, psychologist, neuropsychology, neurologist, radiologist, orthopedic surgeon, ophthalmologist, ear nose & throat physician and other healthcare professions.

HOW CAN I SPOT A POSSIBLE CONCUSSION?

Concussions are a fairly common injury, but many people are unaware of exactly what happens when one gets a concussion. This injury is a result of an impact, in which the brain collides with the inside of the skull. This can be caused by a harsh blow to the head or any traumatic jolt to the body. Concussions can also be caused if a violent back-and-forth motion (such as whiplash) of the head takes place. When your head tosses in different directions rapidly (such as from a car crash or harsh football tackle), your brain gets tossed along inside it, bouncing off the bony enclosure of your skull. Concussions can result in a number of unfortunate symptoms, such as:

- Painful and chronic headaches/migraines
- Sensitivity to light and sound
- Ringing in the ears
- Visual abnormalities
- Slurring of speech
- Memory loss and confusion
- Nausea and vomiting
- Inability to focus
- Dizziness
- Fatigue



If you are experiencing any of these symptoms, you may have a concussion.

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CONCUSSION RECOVERY

The normal recovery time from a concussion varies from person to person and past concussion recovery time does not predict future recovery time. The patient's signs/symptoms and course of recovery depend upon the location of the mild brain injury and the severity of their injury. However, studies have shown that 80% of athletes recover from their concussion within three weeks, but 20% of concussed patients may take much longer to recover.

WHAT ARE SOME RISK FACTORS FOR A DELAYED OR A PROLONGED RECOVERY?

Not effectively treating a concussion right away can lead to some serious health risks. In severe cases, concussions can result in brain bleeds that require emergency medical treatment. In cases such as this, your condition will be treated at the hospital ASAP. Delayed treatment can also lead to conditions such as post-concussion syndrome. Post-concussion syndrome is a serious condition that can last for several months, even without posing obvious symptoms. People who have post-concussion syndrome may experience bouts of dizziness, vertigo, or persistent headaches, that will not go away without treatment. If you believe you may have a concussion, the best solution is to seek the help of a medical professional right away to avoid the risk of worsening the concussion. With the help of physical therapy, you can receive the necessary treatment for your specific needs.

WHAT STEPS SHOULD BE TAKEN TO HELP A CHILD RECOVER FROM A CONCUSSION?

The first priority in the management of a sports concussion is to remove them from play as soon as a concussion is suspected. The American Academy of Neurology uses the mantra of "If in doubt, sit it out" as a guide for parents, coaches and healthcare providers. Removal from play decreases

the risk of suffering another concussion and prolonging recovery. Healthcare providers should perform a sideline assessment which may include tests to rule out a neck injury, issues with memory and neurocognitive tests (tests of thinking). Afterwards, you should follow-up with a healthcare provider for reassessment and management of the sports concussion.

Treatment for sports concussion consists of rest and changes in daily activities in the initial stages of recovery. Activities or environments that provoke symptoms should be avoided and may include loud music, television, smart phone use, video games and thinking tasks. Getting plenty of sleep and naps during this stage of healing is very important in the recovery from concussion.

A gradual return to symptom free physical activity is appropriate when the patient's symptoms begin to improve. Guidance from a qualified healthcare provider is very important during this stage of recovery. Physical therapists can evaluate and manage possible inner ear conditions associated with head trauma, balance deficits, neck pain, headaches, dizziness and appropriately pace a return to cardiovascular activity.

The final phase of concussion recovery includes a graded return to play protocol that slowly progresses from light activity to full participation in order to be cleared for a full return to sports. This phase is not initiated until a patient has already returned to a full return to learning in school without accommodations, performing at their prior level of academic achievement and does not experience symptoms with learning tasks. Physical therapists are qualified to progress a patient through a return to play protocol and work with the physician for final clearance.

HOW CAN PHYSICAL THERAPY HELP A PATIENT RECOVER FROM A SPORTS CONCUSSION?

Physical therapists play an important role on a concussion management team. Physical Therapist will evaluate and treat many aspects of concussion that may include dizziness that may arise from a neck issue (cervicogenic dizziness), balance deficits, neck pain, headaches that are referred from the neck, vertigo from an inner ear condition (benign paroxysmal positional vertigo), exercises for vision issues (ocular motor exercises), issues with blood pressure & heart rate with exercise (autonomic dysregulation), and help to progress patients through a graded return to play protocol.

We're Staying Safe!

The staff at Rebound Fitness & Rehabilitation is focused on keeping you healthy and our equipment and facilities clean. To prevent the spread of COVID-19, we want to also encourage our patients to help prevent the spread of coronavirus by:



CLEANING
HANDS
OFTEN



AVOID
TOUCHING
YOUR FACE



STAYING
HOME IF YOU
ARE SICK



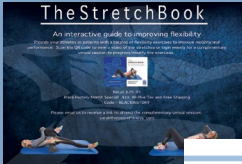
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**REBOUNDFITNESS &
REHABILITATION**

HEALTHY YOU

The Difference Between Health & Wellness

You've most likely read about the importance of maintaining your health
and wellness. However, health and wellness are two different things!

Being in good health can be described as the absence of physical diseases
or illnesses as well as mental and emotional issues such as anxiety and
depression. Your overall health pertains to your physical body and how
effectively it functions—or does not.

Nutrition and exercise determine how healthy you are and how likely
you are to develop acute or chronic illnesses. Factors such as genetics
(having a family history of diabetes, weight gain, or other conditions) can
also affect your health – you may be predisposed to some conditions
more than others. Focusing on your overall well-being, in particular, can
help you maintain good health for the rest of your life! For example,
you may be physically fit and disease-free, but your emotional health
is deteriorating. "Wellness" refers to a healthy lifestyle that promotes
happiness and satisfaction.

Being "well" does not depend on your health or your conditions. Wellness
focuses on continually seeking balance in all aspects of your life, including
your body, career, relationships, emotional well-being, and so much
more! Your health and wellness work together to help you achieve a
high level of well-being. Working on getting your health and wellness in
line together should be a high priority for you. Monitoring what you're
eating daily, how much sleep you're getting, what your hobbies and
interests are, and how much exercise you participate in can help you
to stay healthy and keep a pulse on your wellbeing.

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