

## SPORT CONCUSSION REHABILITATION

Athletes require specific knowledge and expertise when it comes to recovering safely from a concussion. Fowler Kennedy Sport Medicine Clinic's multi-faceted approach emphasizes early intervention which can lessen symptoms and promote recovery, leading to a better outcome. Utilizing strategies familiar to professionals caring for athletes our program includes:

- Comprehensive assessment
- Manual therapy to treat neck pain, headache and other musculoskeletal pain related to concussion
- Balance, vestibular and vision retraining
- Graduated exercise program including monitoring of heart rate and blood pressure
- Sport specific programming and training
- Sport specific concussion education, awareness and prevention
- Coordination with other members of your health team, coaches and parents