



NobleKing Minor Hockey Association **Concussion Management Program 2011/2012**

September 1st, 2011

Dear Parents and Coaches,

Thank you for taking the time to read this valuable information on Concussions in Hockey. Nobleton Physiotherapy is an orthopaedic and sports injury clinic owned and operated by Registered Physiotherapists Mike Pameli and Giacomo Fabrizio. Over the past 7 years we have been providing healthcare to the King Township including members of the NobleKing Minor Hockey Association.

It's no secret, concussions in hockey are on the rise. The purpose of this information package is to provide you with information on concussion in hockey, preventative measures, and outline how we can safely return athletes to hockey if a concussion occurs. In conjunction with the NobleKing Minor Hockey Association we are pleased to offer this program to each athlete. The program is not mandatory for participation, however, we know the dangers of concussion and want every parent to at least be aware of the testing available for their child.

The focus of our Concussion Management Strategy is 'Pre-Season Baseline Evaluation'. The purpose of baseline evaluation testing is that in the event an athlete sustains a concussion, the baseline scores can be used for objective comparison by the medical team when making a return to play decision. Simply asking the athlete if he/she "feels ok" is not good enough. We need to use medical information to provide us with definitive direction in injury management.

A registered physiotherapist will administer the baseline evaluation test. This will take 10 minutes per athlete to complete. In the event a concussion occurs during the season, we will administer follow-up evaluations to determine their mental status and compare to baseline for safe return to sport. All testing data will be forwarded to your Family MD. The cost of the 'Pre-Season Baseline Evaluation' is \$25 per athlete, which covers baseline testing, and any follow-up evaluations for one year.

Attached you will find information on concussion and the details of the program. If you are interested please discuss with your coach or other parents to arrange for team testing. If you would simply like to have your child tested, please call our office at (905) 859-6708 or email contact@nobletonphysiotherapy.com to arrange for an appointment.

Professionally yours,

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Clinic Director

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Nobleton Physiotherapy
Orthopaedic and Sports Injury Clinic

Concussion Management Program



Recognition



Management



Prevention

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What is a Concussion?

- A concussion is a complex pathophysiological process affecting function of the brain. Simply put, it's a bruise to the brain tissue.
- In sport, it is caused by a direct blow, bump, or jolt to the head or body that causes the brain to move rapidly inside the skull.
- Concussion results in short lived impairments including headache, nausea, fatigue, confusion, or memory problems (to name a few).
- Generally symptoms reflect a functional disturbance rather than structural injury.
- Symptom onset can be immediate or delayed depending on severity of concussion.
- Loss of consciousness **IS NOT** necessary to classify the presence of concussion.



Concussion Program Description

- Concussions are poorly managed injuries often mistreated placing the athlete at serious health risks.
- Family MDs represent medical authority to clear athlete for return to sport participation.
- Often there is no comparison for MD to make this judgement.
- Baseline testing using the Standardized Assessment of Concussion (SAC) provides both high specificity and sensitivity of cognitive status.
- Testing consists of question and answers of memory, concentration, and orientation. Each test takes 10 mins to complete.
- After test completed, results sent to family MD and parents.
- In the event a concussion occurs during year, the parent contacts Nobleton Physiotherapy within 24-48 hours for follow-up testing.
- All test results again sent to family MD. Parents are also educated on treatment and management of return to play protocol.
- Further testing will be provided as needed until athlete is ready to return to sport.
- SAC test results are not exclusively used to determine return to sport decision making, but an important objective piece of information to assist the MD.
- The cost of the testing is \$25.00

Our Role

- We will administer baseline testing of the athlete.
- We are responsible for educating the parents/coaches/athletes.
- We will provide follow-up testing of concussed athletes and help parents with rehabilitation and guidance through the process as needed.
- We are **not responsible** for clearing an athlete back to sport. This is the role of your Family MD. The Family MD will also refer for further testing if deemed necessary.

Concussion Prevention Tips

- Adhere to equipment safety, ensure it is properly fitted and maintained.
- Ensure athlete is using correct technique.
- Follow safety rules, practice good sportsmanship and safeplay.

For more information, please view websites: www.thinkfirst.ca www.drpushby.ca

Summary of Program

Pre-Season Baseline Testing

- Athlete is administered standardized test of mental status and function.
- Objective results are maintained for use in case a concussion occurs during the athletic season.
- Follow-up testing is done in the event of concussion to objectively compare to. This will assist the return to play decision making between athlete, parent, and physician.
- Parents will also be educated on recognition and management of concussion symptoms. A return to play protocol will be explained and provided by the physiotherapist.
- Standardized testing results are valid for a one year period. The program fee is \$25. No additional fee for additional tests during the year.

Additional Services Provided by Nobleton Physiotherapy

- Physiotherapy
- Registered Massage Therapy
- Acupuncture
- Custom Orthotics
- Custom Bracing
- Personal Training
- Sports Fitness Training
- Motor Vehicle Accident Rehabilitation
- WSIB rehabilitation