



The Optimum concussion program is designed to help people with new or ongoing concussion symptoms. Our focus and commitment is to create an individualized plan for people to recover from their symptoms, and get back to their meaningful daily activities in a timely manner.

In acute concussions the focus is on screening for other serious injuries, getting people back to school, work, or play as *safely* possible, and reducing risk for chronic symptoms or re-injury. In chronic concussions, we perform a comprehensive exam to identify causes of persistent symptoms. We then pursue a rehabilitation plan with a focus on fixing dysfunctional areas to reduce symptoms, improve quality of life, and help you return to meaningful daily activities.

The program is evidence-based, patient-centered, and results-oriented. It is a joint chiropractic-kinesiology effort developed and run by Dr. Cornelius van de Wall. The program is carried out through in-clinic assessment and hands on therapies, with the option of either supervised in-clinic or at-home exercise therapy with instruction and resources.

## Program Objectives

- Provide accessible, individualized, and evidence-based concussion care
- Focus on identifying and reducing priority symptoms and sources of disability
- Implement a patient-centered recovery plan to get back to meaningful activities
- Equip individuals with education and self-management skills needed to recover and reduce risk of future issues
- Improve concussion awareness and education for individuals and their support networks (family members, coaches, teachers, etc.)

## Program Timeline & Costs

### Acute track - 4-6 weeks

- **Option A** - in-clinic diagnosis and hands on therapy, with *at home exercise plan* (resources provided). Estimated 3-6 sessions billed under chiropractic care per visit.
- **Option B** - in-clinic diagnosis, hands on therapy, *and supervised exercise*. Additional 2-4 kinesiology sessions billed either under chiropractic care, or kinesiology.

### Chronic track - 6-12 weeks

- **Option A** - in-clinic diagnosis and hands on therapy, with *at home exercise plan* (resources provided). Estimated 6-12 sessions billed under chiropractic care per visit.
- **Option B** - in-clinic diagnosis, hands on therapy, *and supervised exercise*. Additional 3-12 kinesiology sessions billed either under chiropractic care, or kinesiology.

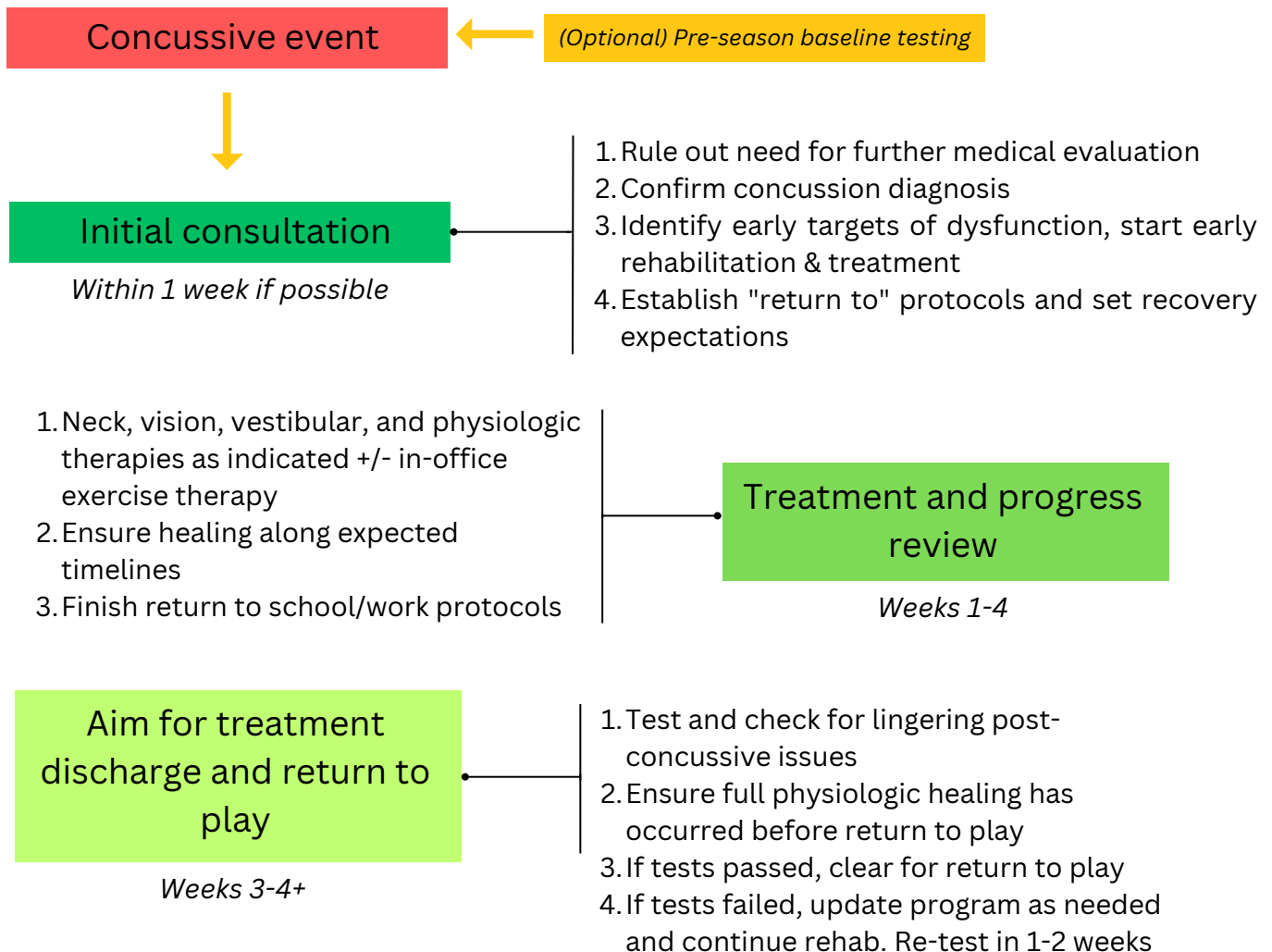
Please note that treatment session numbers are based on averages and is variable to each individuals situation.



## Acute (new) Concussion Program

### Goals:

- Optimize concussion recovery
- Ensure evidence-based return to activity protocols are in place
- Reduce risk of chronic concussion transition
- Reduce risk of second-impact syndrome / multiple concussions



*Note that times listed are a guideline of averages and are extremely individual*



## Chronic (persistent) Concussion Program

### Goals:

- Identify causes of persistent concussion symptoms and disability
- Develop rehabilitation plan to fix post-concussive dysfunction
- As symptoms resolve, introduce plan to gradually return to previous meaningful activities

### Initial consultation

1. Identify cumulative symptom, quality of life, and disability burden
2. Start testing process to identify sources of symptoms and disability
3. Create goal-oriented recovery plan

1. Finish remaining assessments
2. Share report of findings
3. Treatment based on assessment findings. May include:
  - Neck therapy - gentle soft tissue and/or joint therapies, posture modification, neck muscle control retraining, neck strengthening, neck proprioception retraining
  - Vision/Vestibular therapy - retraining of smooth pursuits, rapid eye movement, gaze fixation, visual motion sensitivity, etc.
  - Physiologic therapy - sub-threshold heart-rate specific exercise therapy

### Treatment Phase 1

*Weeks 1-6*

### Progress Re-Assessment

*Weeks 4-6*

1. Re-assessment of symptom, quality of life, and disability
2. Decide if further care needed, or discharge if program goals are met

### Treatment Phase 2

*Weeks 6-12*

### Discharge

*Week 6 or 12*