



## Partner with us for your Concussion Management Program



## balance assessment & concussion MANAGEMENT

Our practices and state-of-the-art equipment let us help you answer the question with confidence...

### “Can this athlete return to play?”



TRC Health Services  
75 Jones & Gifford Ave.  
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### Q&A

Q: Does TRC only provide services to people with developmental disabilities?

A: No, our health services are available to everyone.

Q: What if I'm not sure I need therapy, does TRC offer free screenings?

A: Yes we do!

Q: Do I need to pay out of pocket for therapy?

A: We will work with your health insurance company in accordance with their policies.

For more information, visit  
[www.resourcecenter.org](http://www.resourcecenter.org)

Measured Outcomes • Objective Decisions



## Facts

In the US alone, more than 300,000 sports related concussions occur annually; high school and college football make the highest percentage of those at risk.

Doctors at the Department of Neurological Surgery, University of Pittsburgh Medical Center's Sports Medicine Concussion Program, want athletes, coaches, trainers, team physicians, and parents to know about new research data on concussion symptoms and the and dangers of returning concussed athletes to the playing field before the brain has had time to heal.

**The results of six separate research studies in major medical journals have revealed the following:**

- High school athletes are likely to have slower recovery than college-aged or older athletes and are more susceptible to severe neurological deficits should they be re-injured during recovery.
- Post Concussive symptoms can be subtle; coaches and athletic trainers often miss the diagnosis.
- All concussions cause sustained neurophysiological impairments in information-processing speed, problem solving, planning, and memory. Impairments are worse with multiple concussions.
- Amnesia may be the main indicator of concussion severity and predictor of post-injury, long term neurological problems. Research shows an athlete can have a severe concussion without losing consciousness.

## Program Details

We offer cognitive and balance assessment, test result storage with objective documentation and medically-supported protocols.

TRC Health Services offers a structured concussion management program, utilizing best practices and state-of-the-art equipment.

### Preseason Baseline Screening

- Graded symptom check list
- Neuro-Cognitive test
- Clinical test for sensory integration of Balance (mCTSIB) performed on the Biodex BioSway

### Post-Injury Evaluation

- Graded symptom check list
- Repeat neuro-cognitive test compared to baseline
- Repeat mCTSIB compared to baseline
- Review results and recommend best practice action plan
- Access to concussion health for medically-supported discussion, if necessary

### Intervention

- Function testing/cognitive testing
- Strength training back to baseline
- Individualized plans to meet personal goals

### Re-Evaluation for Return to Play Decision

Comparison of preseason and post-injury objective test results are reviewed in consultation with parents, athlete, physician, and coaching staff (with permission), regarding return-to-play decision.

## Program Overview

- Concussion management education for coaches, players, parents, and administrators.
- Objective preseason baseline testing of balance and neuro-cognitive function is used to identify any pre-existing conditions or for post-injury comparison.
- Sideline assessment protocol helps gather information at the time of injury for symptoms, cognition, and function. Sideline assessment is the cornerstone for identifying red flags that may require immediate medical attention.
- Return-to-Play decisions are supported by evidence-based protocols.
- HIPPA compliant post-injury Summary Report shows status, progress, and outcomes of tests.

Our services are consistent with **NCAA Guidelines**

## TRC Health Services

Our services can provide a best practices concussion program.

Our facility uses the **Biodex Balance Assessment Program for Concussion Management** which brings together cognitive and functional objective assessment. Using accepted tools and best practices, this comprehensive program provides an off-site, single-source solution for athletes.



TRC's Health Services are part of the TRC STARS Healthcare Plan, designed to support all aspects of your life.

