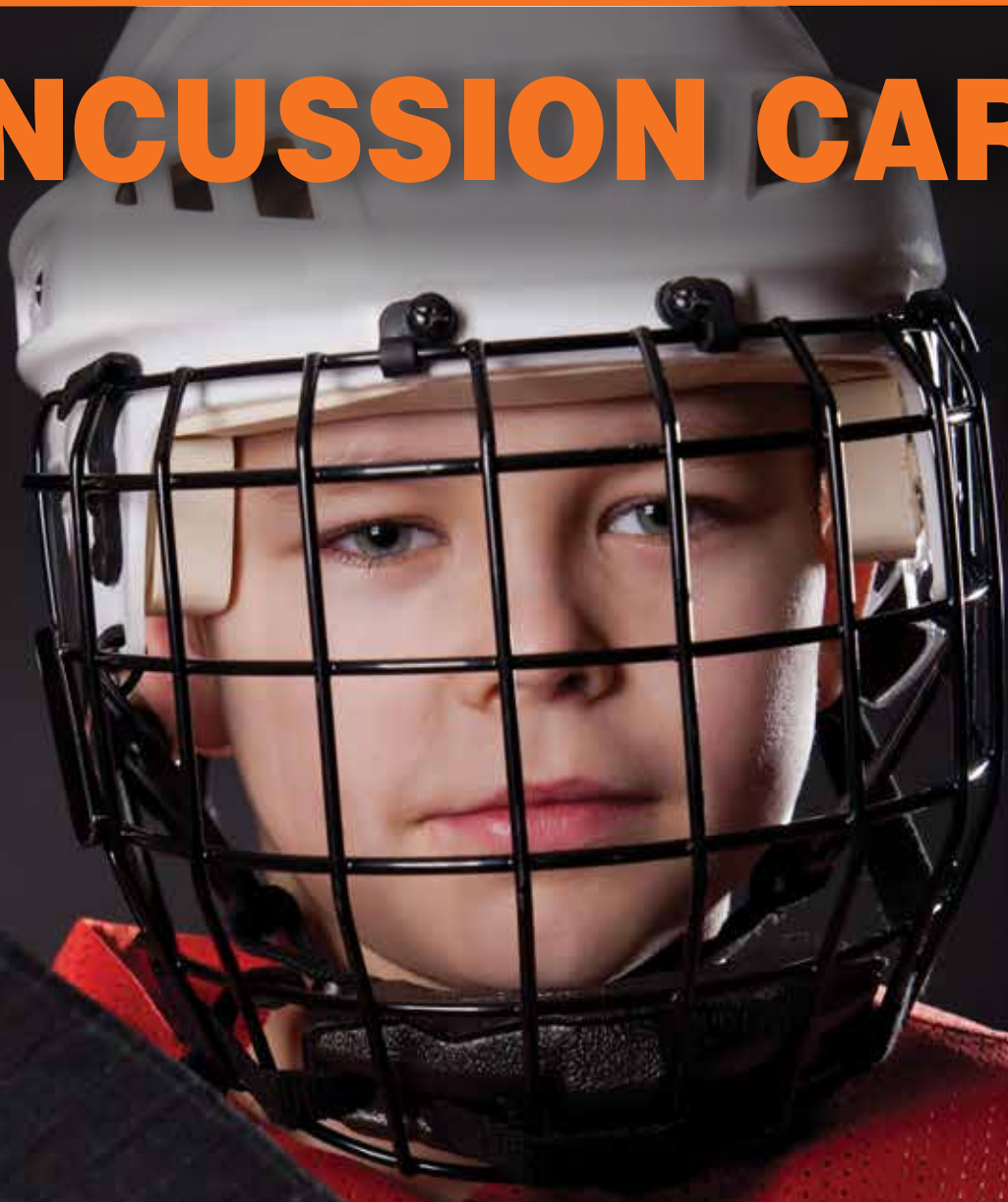


CONCUSSION CARE



Shift your thinking

Concussions and their long-term effects are one of the biggest challenges athletes face today.

The **Shift Concussion Management Program** is an advanced approach to concussion rehabilitation guiding athletes safely back to full participation in their sport and their lives.

Shift is a leader in concussion care.

Shift CONCUSSION
MANAGEMENT PROGRAM

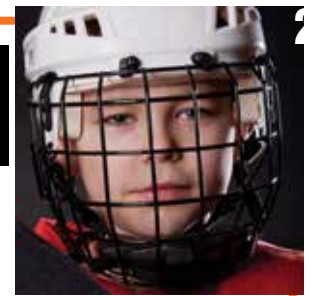


stopconcussions.com



1-855-223-1002

ShiftConcussion.ca



What is a Concussion?

A concussion is a form of brain injury resulting from a direct or indirect blow to the head, face, or jaw causing an alteration in brain function. Concussions can produce a wide array of symptoms which pose a challenge for coaches, trainers, parents, and health professionals involved in the care of an injured athlete. The time-course for recovery also varies widely from athlete to athlete, making it impossible to employ a “cookie-cutter” approach to concussion rehabilitation and return-to-participation timelines.

For this reason, a growing emphasis has been placed on objective pre-participation (or “baseline”) testing protocols that can be used to track an athlete's recovery and serve as a tangible measurement for return-to-play. The *Shift* Team believes that pre-participation testing requires a multifaceted approach. Baseline Testing is a vital component to the proper management and rehabilitation of concussive injuries.



Neurocognitive Testing

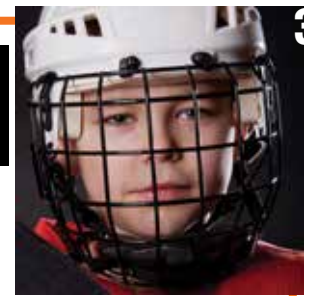
Recent advancements in concussion management and research have resulted in the widespread use of computer-based cognitive testing protocols, and evidence now shows that concussed athletes demonstrate subtle cognitive deficits that may persist beyond symptom resolution – emphasizing the fact that return-to-participation once “symptom-free” is no longer an accurate measure of readiness. However – proper administration of neurocognitive testing requires adequate supervision and test interpretation by a qualified healthcare practitioner.

Recently, ImPACT® Applications, Inc., developer of the ImPACT® neurocognitive test and ImPACT® Concussion Management Model, named Shift Concussion Management’s head clinical location in Guelph, Ontario an “ImPACT Center of Excellence.” Shift Concussion is the only provider in Canada to obtain this unique designation. It recognizes Shift for taking a leading-edge approach and delivering the highest standards of care for concussion management, using ImPACT’s globally recognized state-of-the-art concussion management model.

ImPACT® is the most widely utilized and most scientifically validated concussion evaluation system available and is an integral component to Shift's program.

Physical Testing

Additional and recommended pre-season testing procedures include an assessment of balance, and visual function. Concussions often take a considerable toll on balance and visual coordination. Obtaining both baseline and post-injury performance values provides objective information when determining an athlete's readiness to return to sport.



After Injury Care: Where Do I Go?

Athletes with a suspected concussion should seek medical assistance immediately by a qualified Physician (eg. Family or Sport MD). The second step is to book an initial assessment with one of Shift's healthcare providers. To find a clinic near you, visit our clinic locator tool at ShiftConcussion.ca. Even if you have not had a baseline assessment with Shift, we will assess your injury and provide you with a management strategy to aid in your recovery.

Concussion Rehabilitation

Recovering from a concussion can be a difficult and frustrating time. At Shift, we understand that each athlete is affected differently and as such, requires individualized care. Management strategies are used to limit the amount of impairment as well as expedite recovery as much as possible. Examples include:

- Individualized resting strategies and home instruction
- Specific recommendations around employment/academic demands
- Manual therapy for associated complaints (neck pain, whiplash etc.)
- Screening and Referral for Vision Therapy if required
- Balance, Coordination, and Vestibular-Based Rehabilitation
- Physical exertion testing and exercise plans for return-to-sport



Return to Sport Participation



An important and often overlooked cornerstone of return-to-play preparation is a graduated program of physical exertion testing. It is well known that concussive symptoms are typically aggravated during physical activity, and injured athletes who may be symptom-free should be thoroughly tested with a series of physical tasks to reduce the risk of premature sport activity. Our Shift certified clinics provide a standardized approach to supervised physical exertion testing when the athlete is in the appropriate phase of recovery.

stopconcussions.com: Changing the Mindset, Not the Game

Stopconcussions.com is a concussion education and awareness platform that was founded by former Philadelphia Flyers Captain Keith Primeau and former European professional hockey player, Kerry Goulet. Its mandate is to address the growing trend of concussions in all sports and to provide awareness and education to players, parents, coaches, officials, and health professionals.

Four Pillars of stopconcussions.com

Step 1 - Education

Education is a vital component to the prevention and proper management of this injury. It's about reaching out to all those affected: players, parents, teachers, coaches, trainers, officials, administrators, and healthcare providers. It will require a village approach to change the current mindset and provide a safer playing environment for today's youth.

Step 2 - Prevention

Through education and sport-specific platforms, stopconcussions.com aims to change the mindset of the participants from the "grassroots" level and up. Website resources, and on-location seminars allow stopconcussions.com the ability to instill the principles of respect and safe play values in sport today.

Step 3 - Management

It is as important to manage a concussion, as it is to diagnose it. If a concussion does occur, stopconcussions.com wants to be there for the athlete. This is where Shift Concussion Management comes into play – providing a high standard of care for athletes across many different sports and many different regions. Concussion management requires a team approach across all disciplines of health care.

Step 4 - Research

Since concussions are virtually invisible injuries it is important to continue research in this area. Through establishing the stopconcussions.com network of specially trained researchers and qualified healthcare professionals, the sporting community is significantly enhanced to effectively assess and treat concussed athletes. professionals, the sporting community is significantly enhanced to effectively assess and treat concussed athletes.





Shift Your Thinking

The Shift Concussion Management Program is an advanced care model for the effective management and prevention of concussive injuries.

