

CONCUSSION BASELINE TESTING AND TREATMENT

A concussion is considered a mild brain injury. Mild because there is no problem visible or present on scans, or doesn't require surgery but nevertheless a brain injury as it results in changes to how the brain functions i.e. feeling dizzy, headaches.

Fortunately, physiotherapy can help! Our Physiotherapists are trained in concussion management. We let your doctor know whether a brain scan is needed, assess and treat any issues resulting from the concussion such as neck pain, dizziness, balance, headaches and eye muscle function.

**NOT GETTING ASSESSED AND TREATED CAN RESULT IN
PERSISTENT CONCUSSION SYNDROME, LIMITING YOUR
ABILITY TO LEARN, WORK, PLAY SPORT AND CARRY OUT
YOUR DAY TO DAY ACTIVITIES.**

How Can Baseline Testing Help?

After a concussion occurs, we need to compare your concussed brain function to your brain function before concussion. That way, we know when you have truly recovered.

What If I Don't Have A Baseline Test?

That's still ok. We are still able to assess how your brain function is and can compare your results to people similar to you, but it is always ideal to compare to yourself!

Who Should Get One?

Anyone can get one, but those who may be at higher risk like those playing impact sports are recommended to.

How Do I Organise One?

Simply book an appointment. Baseline testing should be completed yearly, preferably at the start of a sporting season. It generally takes about 30 mins. Just be sure to be well rested and hydrated.

Scan to learn more



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