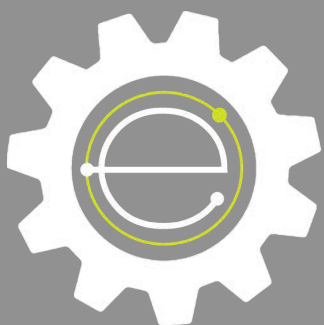


CONCUSSION MYTH BUSTING



Three Current Research Discoveries

Early
Assessment +
Intervention is
the key to a
successful
outcome in
concussion
management



1. We need to stop treating concussion patients like mushrooms

Rest is no longer considered the best approach to concussion care. Research has found that planting a patient in a dark room for some arbitrary length of time is not the best treatment. Exercise therapy of the appropriate duration and intensity is often the most important intervention for faster, complete recovery. This requires expertise to determine the best exercise plan. **Baseline Testing** also helps therapists treat patients more effectively.

2. Medication has no role in healing from a concussion

Diet and exercise are the best medicine. Sometimes medication may be prescribed to ease symptoms, but there are currently no pharmaceutical options that improve outcomes. However, diet plays an important role. Trained physiotherapists in **Concussion Management** will outline a personal dietary plan best suited to help their recovery.

3. Concussions can be a pain in the neck

Research shows 100% of concussion injuries also cause some degree of whiplash. It takes approximately 70G's of force to create enough head acceleration for a concussion, but neck muscles and joints can be strained at 4.5G's. Manual therapy and exercise treatment for the neck is a very important part of full rehabilitation.

Find out more about our Concussion Management and Baseline Testing Programs, please visit our Services Page at easthillphysio.com.

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250.545.2922 - easthillphysio.com - 250.542.2655