

NEWSLETTER



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PHYSIOTHERAPY • OSTEOPATHY • ACUPUNCTURE • ORTHOPAEDICS • CHIROPRACTIC
MASSAGE THERAPY • ATHLETIC THERAPY • PERSONAL TRAINING

Concussion Management

With the football season gearing into full swing, the incidence of concussions tends to rise at this time of year. It is important for those involved with the sport to be aware of the seriousness of such an injury and the necessary procedures involved when one occurs. A concussion is a mild traumatic brain injury resulting from a violent blow to the head or body. If this type of injury is not dealt with promptly and appropriately, an athlete can return to a contact sport too early and risk re-injury that can result in 'Second Impact Syndrome'. This type of re-injury is much more serious, takes much longer to heal from and can even necessitate a lengthy exclusion from all contact sports.

There are several signs and symptoms that result from a concussion. The most common of which are headaches and dizziness. Other symptoms can include memory loss, nausea, tinnitus (ringing in the ears), pupil irregularities, sensitivity to light and/or noises, concentration or vision difficulties and fatigue. Any head trauma or whiplash that causes any of these symptoms is considered a concussion. The athlete should be removed from play immediately and monitored. A concussed individual should be referred to a physician for examination. Referral to either a physiotherapist or an athletic therapist is recommended to guide the athlete through the proper return to play process.

There is a six step progression that should be followed when returning to play following a concussion in order to avoid second impact syndrome. Each of the steps should last a full 24 hours symptom free before the next step is attempted. If symptoms do occur, the individual should return back to the previous step until symptom free before continuing; the steps take a minimum of six days altogether, the first of which consists of a day of rest. The next day light aerobic activity, such as stationary cycling or walking, can be attempted. The third step involves a more intense sport specific aerobic activity such as running or skating. A symptom free athlete may at this point return to team practices and drills, without equipment or contact. The final two steps consist of a full equipment/full contact practice and then, once cleared by a doctor, game day.

A concussion is a very serious injury not to be taken lightly. Athletes and coaches alike should respect the return to play guidelines as no game is worth permanent injury.

By Shannon Downs & Evan Ross

www.actionssportphysio.com

NEW REFERRAL PROGRAM

DID YOU KNOW?

60% OF OUR CLIENTELE ARE REFERRED TO US BY WORD OF MOUTH?

WE ARE VERY PROUD OF THIS AND WE WOULD LIKE TO THANK ALL OUR PATIENTS WHO REFER FRIENDS AND FAMILY MEMBERS TO OUR CLINIC.

WITH EVERY PATIENT THAT YOU REFER TO OUR CLINIC YOUR NAME WILL BE ENTERED INTO A DRAW THAT WILL TAKE PLACE TWICE A YEAR FOR VARIOUS PRIZES.

FOR EACH CLIENT YOU REFERRED FROM JAN 1 TO JUNE 30 2010 YOU WILL BE ENTERED IN OUR FIRST ANNUAL DRAW ON SEPTEMBER 1ST, PRIZES INCLUDE MONTREAL ALOUETTES TICKETS FOR OCTOBER 11 2010 GAME IN THE GOLD SECTION AND MANY OTHER PRIZES.

GOOD LUCK!

