



► Concussion Hotline ...1



► Concussion Steps... 2

# Healthy *Living*

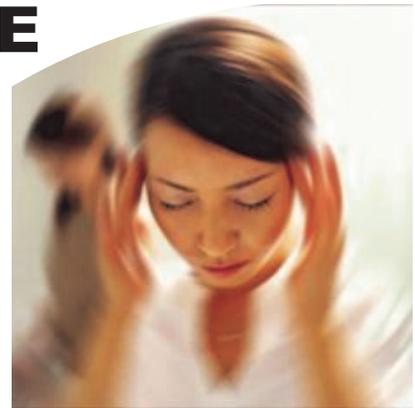
NIAGARA'S LEADING MULTIDISCIPLINARY  
HEALTH CARE FACILITY

## NEW CONCUSSION HOTLINE

Niagara's only 24 hour concussion help hotline is now available! Our hotline is available to you 24 hours a day 7 days a week. This hotline will be answered by one of our four concussion certified health care professionals. In the event that a son, daughter or loved one has sustained a potential concussion call the hotline immediately to be guided, step by step, on how to help the injured person. Concussions have become a silent epidemic and must receive proper assessment and treatment to prevent permanent injury to the brain. Call us if you have dizziness, headache, "fogginess", light sensitivity, irritability, nausea or vomiting.

HOTLINE NUMBER  
**905-329-5340**

Or email  
[info@acceleratedhealthcentre.com](mailto:info@acceleratedhealthcentre.com)  
for more information on our  
Concussion Management  
Program



**AcceleratedHealth & WellnessCentre**  
Patrick Maddalena HKin, DC      Mark Georgiev HKin, MPT

#20 Highway 20, Unit 14 Fonthill, ON      289-897-9099

- ◆ Physiotherapy
- ◆ Spinal Decompression
- ◆ Massage Therapy
- ◆ Naturopathic Medicine
- ◆ Low Intensity Laser Therapy
- ◆ Vestibular Rehabilitation
- ◆ Chiropractic
- ◆ Acupuncture
- ◆ Custom Bracing
- ◆ Custom Orthotics
- ◆ Concussion Management



## When in Doubt, Sit Out

### I think I may have a Concussion. What should I do?

Following a concussion, the “sitting in a dark room” approach is only effective for so long. Concussions, like other sports injuries, should be properly managed and rehabilitated. While complete physical and cognitive rest is the mainstay of concussion care, having a certified health professional guide you through this step-by-step may prove to be invaluable.

Recovering from a concussion can be a difficult and frustrating time. At AHWC, 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. These strategies may include any one or a combination of the following and are case-dependent:

- **Education** around the injury, individualized strategies for rest and recovery
- **Specific** recommendations around employment/academic demands
- **Manual** therapy for associated complaints (neck pain, whiplash etc.)
- **Visual** motor and Vestibular rehabilitation for dizziness, motion sensitivity, balance disorders and visual complaints
- **Physical** exertion testing and exercise plans for return to sport and work.

For athletes and those participating in sport, it is recommended that a step-wise process of physical exertion testing be completed once the patient is free of symptoms. Similar to weight training, athletes recovering from a concussion should not skip to 100% exertion from 0% in a short time frame. Physical exertion testing is important not only for physical re-conditioning, but to guard against symptom relapse and help prevent premature return-to-sport.

#### Steps to follow in the event of a suspected concussion:

1. Remove the athlete from the sport and seek medical advice.
2. Call our HOTLINE [905 329 5340](tel:905-329-5340)
3. Rest the brain.
4. Rest the Eyes - Rest in a dark room limiting the use of electronics such as cell phone, TV and computer.
5. Have an assessment by a certified concussion expert
6. Complete and pass all exertion tests to ensure all symptoms of the concussion are gone, prior to re-engaging in sports. This prevents Second Impact Syndrome.

## PATIENTS SPEAK OUT

For 7 weeks I was begging doctors to take me seriously about the things I was experiencing with my concussion. They all told me that my tests are coming back normal and there is nothing they can do for me. With the help from a nurse at my doctors office I was able to find a Shift Concussion Management provider at Accelerated Health and Wellness Centre. I kept saying that when I broke my leg I had a physiotherapist to teach me how to walk again and now that I've "broken my brain" I need someone to teach me how to think again. Dr. Pat Maddalena and the staff at Accelerated Health and Wellness immediately put me on a program to help with exactly that, teaching my brain how to think again. They showed me some simple but very challenging exercises and every week challenging me with new ones. They also worked on my neck and spine to assist my concussion rehabilitation. They have been patient and understanding with my good days and bad days and always offering help and advice. I am blessed to have found Accelerated Health, without them I would I would have just accepted that "my new brain" was going to be my new way of life and now I'm on my way to getting my old life back.

