What are the signs and symptoms of a concussion?
If someone has suffered a bump or blow to the head, look for the following:
• Appears dazed, stunned or confused
• Complains of a headache or loss of consciousness
• Moves clumsily, may complain of dizziness or demonstrate personality changes
• Answers questions slowly, exhibits slurred speech
• Is fatigued, seems forgetful or feels “foggy”
• Cannot recall events prior to or after hitting head
• May have difficulty concentrating
Symptoms can last for hours, days, weeks or longer.

When is the right time to come to Gaylord Center for Concussion Care?
Some patients will come to Gaylord following a visit to their primary care provider to confirm the diagnosis of a concussion. Some patients may have seen a neurologist, who recognizes the need for a comprehensive program.

Will my medical insurance cover services?
Gaylord staff will work with you to verify benefit coverage or to discuss treatment costs that may not be covered by insurance. Gaylord accepts most commercial insurances, as well as Medicare and Medicaid.

What else does Gaylord Specialty Healthcare offer?
Gaylord is a specialty hospital that provides inpatient care for medically complex patients needing intensive rehabilitation.

Gaylord also provides outpatient physiatry (physical medicine and rehabilitation physicians), audiology, physical, aquatic, occupational and speech therapies, as well as psychology and wheelchair assessment services. Gaylord also sponsors support groups and can provide recommendations when prosthetics, orthotics and rehabilitation equipment are required.

Referrals and Appointments
Appointment requests are available online at outpatientscheduling@gaylord.org or by calling the number below. For more information on services and locations, visit us at www.gaylord.org.

Locations
Gaylord Hospital and Gaylord Outpatient Services
Gaylord Farm Road
Wallingford, CT 06492
203-284-2888 Appointments, Option 1
203-294-8705 Fax

For GPS users:
Use 50 Gaylord Farm Road, Wallingford, CT 06492 and look for the Main entrance.

Gaylord Physical Therapy
Orthopedics and Sports Medicine
8 Devine Street
North Haven, CT 06473
203-230-9226 Appointments
203-294-8705 Fax

www.facebook.com/gaylordspecialtyhealthcare
www.youtube.com/gaylordhealthcare

6/2014
The Gaylord Advantage

Gaylord Center for Concussion Care is a comprehensive program featuring specialty trained experts who provide an individualized concussion management program for teens and adults. Initial appointments are held on the Wallingford campus. Each plan of care is then customized using resources on the Wallingford and/or North Haven campuses.

Gaylord’s interdisciplinary team draws upon a long and successful history of treating brain injuries. Our collaborative center consists of physiatrists, neuropsychologists, sports medicine physical therapists, vestibular/balance physical therapists and certified athletic trainers. In some cases, specialty treatment options may include audiologists, occupational or speech therapists, all with advanced training in neurological disorders to maximize recovery.

Our bilingual clinicians and support staff guide patients and families every step on their way to recovery.

What is a Concussion?

A concussion is a short-lived brain injury caused by a bump, blow or jolt to the head or body. A concussion changes how the cells in the brain normally work. A variety of symptoms may develop, including impaired physical, cognitive, emotional and behavioral functioning, which typically resolve over time. Most concussions occur without loss of consciousness and rarely are structural injuries noted on MRI or CT scans. Concussion can be related to a fall, car accident or moderate blow to the head, but the majority are sports related. An athlete can suffer a concussion in any sport or activity. Even when the physical, and sometimes emotional, symptoms of a concussion have diminished, the brain may not be healed.

Concussion Care at Gaylord

• A brief Neuropsychological Evaluation is performed to assess an individual’s thinking and mood. Results will be used to design individualized treatment plans for each patient.

• Vestibular/Balance Rehabilitation, provided by physical therapists with advanced training, involves assessment and treatment of neurological, inner ear and other conditions which impact balance. Vision and coordination testing help to assess deficits and determine areas of strength.

• Psychiatry experts are consulted in the care and management of individuals to help explore potential use of medications and to assess the need for any further diagnostic testing.

• The Orthopedic Physical Therapy and Sports Medicine team, located in North Haven, will assist in determining the proper timing of Return-to-Play in sports and activities.

Athletes and Concussions

Contact or collision sports, such as football, soccer, wrestling, ice hockey, lacrosse and rugby, have the highest incidence of concussion. Athletes who suffer a concussion are three to five times more likely to suffer a second concussion in the same season. Repeat injuries can take longer to recover from, are likely to be more severe and decreased outcomes. Thus, management of concussion is very important, especially in determining when to return an athlete to play.

Athletes requiring Return-To-Play Progression will be evaluated on the Wallingford campus and progressed by our Orthopedic and Sports Medicine experts in North Haven. Our physical therapists follow the recommendations from the Consensus Statement on Concussion in Sport by simulating sport specific drills. Our clinic is located in a state-of-the-art facility with access to open areas, a therapy pool and fitness equipment. Progress notes and sign-off for athletes ready to return to normal play will be shared with referring healthcare providers.

Graduated Return-To-Play Model

<table>
<thead>
<tr>
<th>Rehab Stage</th>
<th>Functional Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Light Aerobic Activity</td>
<td>Walking/Swimming. No resistance training.</td>
</tr>
<tr>
<td>Sport Specific Exercise</td>
<td>Sport specific drills. No head impact.</td>
</tr>
<tr>
<td>Non-Contact Training Drills</td>
<td>Progression to more complex drills. May start progression to resistance training.</td>
</tr>
<tr>
<td>Full Contact Practice</td>
<td>Following medical clearance, participate in normal training activities.</td>
</tr>
<tr>
<td>Return-to-Play</td>
<td>Normal game play.</td>
</tr>
</tbody>
</table>