**What are the signs and symptoms of a concussion?**
If someone has suffered a bump or blow to the head or body, look for the following:
- Appears dazed or stunned, may complain of dizziness
- Demonstrates personality changes or exercise intolerance
- Complains of a headache, neck pain, loss of consciousness or has difficulty concentrating
- Answers questions slowly, exhibits slurred speech
- Is fatigued, moves clumsily, seems forgetful or reports feeling “foggy”
- Cannot recall events prior to or after sustaining blow

Symptoms can last for hours, days, weeks or longer.

**When is the right time to come to Gaylord Center for Concussion Care?**
When possible, patients should come during the early stages of recovery to be evaluated and begin active rehabilitation. Some patients will come to Gaylord following a visit to their primary care provider, or other medical provider, who recognizes the need for a comprehensive program.

**Will my medical insurance cover services?**
Gaylord staff will verify benefit coverage.

**What else does Gaylord Specialty Healthcare offer?**
Gaylord Hospital specializes in medical management and rehabilitation for patients who have experienced an acute illness or a traumatic accident.

Gaylord provides outpatient physiatry (physical medicine and rehabilitation physicians) physical, aquatic, occupational and speech therapies, as well as psychology and wheelchair assessment services.

Gaylord provides recommendations when prosthetics, orthotics and rehabilitation equipment are required.

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**Referrals and Appointments**
Appointment requests are available online at [outpatientscheduling@gaylord.org](mailto:outpatientscheduling@gaylord.org) or by calling the numbers below. For more information on services and locations, visit us at [www.gaylord.org](http://www.gaylord.org).

**Locations**
**Gaylord Hospital and Gaylord Outpatient Services**
50 Gaylord Farm Road
Wallingford, CT 06492
(203) 284-2888 Appointments
(203) 294-8705 Fax
[www.gaylord.org](http://www.gaylord.org)

**Gaylord Physical Therapy Orthopedics and Sports Medicine**
**Cheshire**
1154 Highland Avenue
Cheshire, CT 06410
(203) 679-3533 Appointments

**North Haven**
8 Devine Street
North Haven, CT 06473
(203) 230-9226 Appointments
[www.rehabwithapro.org](http://www.rehabwithapro.org)
(203) 294-8705 Fax
The Gaylord Advantage

The Gaylord Center for Concussion Care is a comprehensive program featuring specialty-trained experts who provide an individualized concussion management program for teens and adults. Each plan of care is customized using resources on our Wallingford, Cheshire and North Haven campuses, as appropriate.

Gaylord’s interdisciplinary team draws upon a long and successful history of treating brain injuries. Our collaborative center consists of physiatrists, neuropsychologists, therapists and other specialists with advanced training in neurological disorders to maximize recovery. Our experienced clinicians and support staff guide patients and families at each step toward recovery. Gaylord’s expertise allows for a comprehensive plan to maximize a person’s return to their previous activities including work, sports and other leisure activities.

What is a Concussion?

A concussion is a mild 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 usually resolve over time. Most concussions occur without loss of consciousness and rarely are structural injuries noted on MRI or CT scans. A concussion can be related to a fall or car accident, even if one did not experience a blow to the head. A person can suffer a concussion in any sport or activity. Research has shown that even when the physical, and sometimes emotional symptoms of a concussion have diminished, the brain may not be fully healed.

Concussion Care at Gaylord

- Neuropsychological evaluations are performed to assess an individual’s thinking, behavior and mood. Baseline screenings can be provided to those who seek it.
- Vestibular/balance rehabilitation, provided by physical therapists with advanced training, involves assessment and treatment of neurological, inner ear and other conditions that impact balance. Vision and coordination testing help to assess deficits and determine areas of strength.
- Our orthopedic physical therapy locations have specially trained therapists who can assist in a comprehensive program to reduce pain and return to previous levels of function including work, school and sports.
- Physiatry experts are consulted in the care and management of individuals to help explore potential use of medications and to assess the need for further diagnostic testing.
- In many cases, specialty treatment options may include occupational therapists with vision training and/or speech/cognitive therapists with advanced training in neurological disorders.
- Pools in North Haven and Wallingford allow aquatic options to be incorporated into treatment plans.

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, and are likely to be more severe. Thus, proper management of a concussion is very important, especially in determining when to return an athlete to play. Our therapists follow the recommendations and guidelines from the latest Consensus Statement on Concussion in Sport.

Work Place Injuries

Head injuries sustained in the workplace are often the result of slip and fall accidents, falling objects, motor vehicle accidents, and defective and dangerous equipment. A worker who has suffered a concussion may experience no symptoms at all initially or may have experienced a loss of consciousness. The need for a comprehensive, interdisciplinary approach helps to safely guide the patients’ return to work.

Collisions, Accidents and Falls

Patients may have experienced a concussion following a car, motorcycle, bicycle or ATV crash, no matter the speed in which the vehicle was traveling. Household accidents include slip, trips and falls. Despite the cause, the signs and symptoms of a concussion should be watched for and treatment sought if the symptoms do not resolve.

www.gaylord.org