

# A GUIDE TO YOUR MULTIDISCIPLINARY CONCUSSION CARE TEAM



## HEALTHCARE PROVIDER

**Serves as the point person on the concussion care team.**

Responsible for:

- Conducting the initial clinical evaluation
- Diagnosing concussions
- Creating a treatment plan that involves different specialists
- Making return to activity decisions

## ATHLETIC TRAINER

**Recognizes signs and symptoms of concussion at the point of injury.**

Serves as a liaison between:

- Family members
- School
- Medical practice

With specialized training in concussion management, ATs educate about concussion symptoms and advocate for concussion protocol

## PHYSICAL THERAPIST

**Works in active rehabilitation to help patients get better and collaborates with other healthcare providers to make return to activity strategies.**

PTs are involved in the rehabilitation of:

- Vision
- Vestibular
- Cervical Spine

They also target specific deficits identified by the point person.

## OCCUPATIONAL THERAPIST

**Facilitates graded progression of activities of daily living to get patients back to productive routines and occupations.**

OTs analyze a patient's ability and tolerance in performing a task while teaching strategies and accommodations that can help manage symptoms.



## SOURCES

<https://concussioncareproviders.com/concussion-care-101-guide/>  
<https://impacttest.wistia.com/medias/6p3nrdegda>  
[https://www.nata.org/sites/default/files/Concussion\\_Management\\_Position\\_Statement.pdf](https://www.nata.org/sites/default/files/Concussion_Management_Position_Statement.pdf)  
<https://www.aota.org/Practice/Researchers/Evidence-Podcast/post-concussion-recovery-participation-TBI-brain-injury.aspx>  
<https://impacttest.box.com/s/uxvgqx2y7oaj2oj8bljq3438i8cpllk7>

