

PHYSICAL THERAPIST'S ROLE IN CONCUSSION MANAGEMENT

Physical therapists are important members of any concussion care team. They participate in active rehabilitation to help patients get better. Physical therapists are most commonly involved in Vision, Vestibular, and Cervical Spine rehabilitation.

VISION THERAPY



TOP 10 REHABILITATION TECHNIQUES

- Pencil Push Ups
- HART Chart
- Pointer and Straw
- Marsden Ball
- Brock String
- Rotator Pegboard
- 3 Dot Card
- Michigan Tracking
- Life Saver Card
- Thumb Pursuits and Saccades

1 IN 3 PATIENTS WITH CONCUSSIONS EXPERIENCE VISUAL PROBLEMS.



BESS Instructions

Perform stances on firm and foam surfaces with single leg, double leg, and tandem. Count the number of errors:

- Moving hands off iliac crests
- Opening eyes
- Step, stumble, or fall
- Abduction or flexion of hip beyond 30 degrees
- Lifting forefoot or heel off surface
- Remaining out of testing position for more than five seconds

VESTIBULAR THERAPY



BESS TO IDENTIFY DEFICITS

1 IN 2 PATIENTS WILL EXPERIENCE VESTIBULAR ISSUES AFTER A CONCUSSION.



CERVICAL SPINE



TOP 7 TECHNIQUES TO IDENTIFY DEFICITS

- Upper quarter screen
- AROM
- Postural assessment
- Vertebrobasilar insufficiency testing
- Neurological testing
- Joint mobility assessment
- Ligamentous instability testing

1 IN 4 WHIPLASH PATIENTS HAVE PERSISTENT SYMPTOMS THAT MIMIC CONCUSSION SYMPTOMS.



Make sure you can differentiate between concussion symptoms and whiplash associated disorder.

LEARN MORE:

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