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

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

1 IN 3 PATIENTS WITH CONCUSSIONS EXPERIENCE VISUAL PROBLEMS.

VESTIBULAR THERAPY

BEES Instructions:
Perform stance on firm and firm surfaces with single leg, double leg, and tandem. Count the number of errors:

- Moving hands off italic creates
- Opening eyes
- Stag, stumble, or fall
- Abduction or flexion of hip beyond 30 degrees
- Lifting foot or heel off surface
- Remaining out of testing position for more than five seconds

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

CERVICAL SPINE

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

TOP 7 TECHNIQUES TO IDENTIFY DEFICITS

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:
ConcussionCareTraining.com/ITPT