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CITYPLACE

383 Front Street West
Toronto, Ontario M5V 3S8

Phone: 647-350-5800

Fax: 647-350-5900

MON – FRI | 7am – 8pm

SAT | 9am – 5pm

DOWNTOWN CORE

123 Edward Street, Suite 100
Toronto, Ontario M5G 1E2

Phone: 416-979-3022

Fax: 416-979-3023

MON & WED | 8am – 7pm

TUES & THURS | 7am – 7pm

FRI | 8am – 4pm

CORKTOWN

514 King Street East
Toronto, Ontario M5A 1M1

Phone: 416-703-5885

Fax: 416-703-5886

MON, WED, THURS | 12pm – 8pm

TUES & FRI | 8am – 8pm

SAT | 9am – 5pm



Managing Your CONCUSSION INJURY

We Are Open & Booking Clients

Our team has been working diligently to create the safest experience for you and our staff. We are maintaining safe policies, PPE, and procedures to keep you healthy. Book the appointment you've been missing, whether in-clinic or virtually, today!

How to Treat a Concussion



The general definition of concussion means the act of forcefully shaking or jarring. A sports concussion is a type of mild traumatic brain injury (mTBI) caused by a shaking or jarring of the brain. A sports concussion can occur with a bump, blow or jolt to the head or the body which causes the brain to move within the skull. This movement causes the brain to hit the inside of the skull or stretch which can result in a change in brain cell chemistry and structural injury from cell stretching. This damage can result in a variety of signs and symptoms depending on the portion of the brain involved during a sports concussion.

Are concussions serious?

Sports concussions are described as a "mild" traumatic brain injury because concussions are not usually life threatening. However, concussions are a brain injury and can lead to serious long-term consequences if not managed correctly by a qualified healthcare professional.

What healthcare professionals manage and treat sports concussions?

No single healthcare professional is able to fully manage a sports concussion due to the many different issues related to a concussion. Concussion management is truly a team effort to help a patient return to his or her prior level of function. Members of the concussion management team may include a sports medicine physician, primary care physician, athletic trainer, teacher, school administrator, social worker, physiotherapist, occupational therapist, speech language pathologist, psychologist, neuropsychology, neurologist, radiologist, orthopedic surgeon, ophthalmologist, ear nose & throat physician and other healthcare professions.

How can I spot a possible concussion?

Concussions are a fairly common injury, but many people are unaware of exactly what happens when one gets a concussion. This injury is a result

of an impact, in which the brain collides with the inside of the skull. This can be caused by a harsh blow to the head or any traumatic jolt to the body. Concussions can also be caused if a violent back-and-forth motion (such as whiplash) of the head takes place. When your head tosses in different directions rapidly (such as from a car crash or harsh football tackle), your brain gets tossed along inside it, bouncing off the bony enclosure of your skull. Concussions can result in a number of unfortunate symptoms, such as:

- Painful and chronic headaches/migraines
- Sensitivity to light and sound
- Ringing in the ears
- Visual abnormalities
- Slurring of speech
- Memory loss and confusion
- Nausea and vomiting
- Inability to focus
- Dizziness
- Fatigue

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CHECK OUT OUR NEW LOCATION!

If you are in the Leaside area, or any of the surrounding areas, and you are looking for relief, look no further. Foundation Physiotherapy has opened up our fourth clinic in your area!

We have partnered with the Leaside Village Medical team and can be found at 25 Industrial St, Unit 206, East York. Our dedicated team is passionate about helping you succeed. We offer specialized treatment services like manual therapy & exercise prescription for any pain, injury, or discomfort you may be feeling. Our patients have found high levels of success in our treatment services, due to our compassion and implementation of advanced technology and methods.

We look forward to providing you the same quality care, in our new and convenient location.

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What is the normal recovery time for a concussion?

The normal recovery time from a concussion varies from person to person and past concussion recovery time does not predict future recovery time. The patient's signs/symptoms and course of recovery depend upon the location of the mild brain injury and the severity of their injury. However, studies have shown that 80% of athletes recover from their concussion within three weeks, but 20% of concussed patients may take much longer to recover.

What are some risk factors for a delayed or a prolonged recovery?

Not effectively treating a concussion right away can lead to some serious health risks. In severe cases, concussions can result in brain bleeds that require emergency medical treatment. In cases such as this, your condition will be treated at the hospital ASAP.

Delayed treatment can also lead to conditions such as post-concussion syndrome. Post-concussion syndrome is a serious condition that can last for several months, even without posing obvious symptoms. People who have post-concussion syndrome may experience bouts of dizziness, vertigo, or persistent headaches, that will not go away without treatment.

If you believe you may have a concussion, the best solution is to seek the help of a medical professional right away to avoid the risk of worsening the concussion. With the help of physiotherapy, you can receive the necessary treatment for your specific needs.

What steps should be taken to help a child recover from a concussion?

The first priority in the management of a sports concussion is to remove them from play as soon as a concussion is suspected. The American Academy of Neurology uses the mantra of "If in doubt, sit it out" as a guide for parents, coaches and healthcare providers. Removal from play decreases the risk of suffering another concussion and prolonging recovery. Healthcare providers should perform a sideline assessment which may include tests to



rule out a neck injury, issues with memory and neurocognitive tests (tests of thinking). Afterwards, you should follow-up with a healthcare provider for reassessment and management of the sports concussion.

Treatment for sports concussion consists of rest and changes in daily activities in the initial stages of recovery. Activities or environments that provoke symptoms should be avoided and may include loud music, television, smart phone use, video games and thinking tasks. Getting plenty of sleep and naps during this stage of healing is very important in the recovery from concussion.

A gradual return to symptom free physical activity is appropriate when the patient's symptoms begin to improve. Guidance from a qualified healthcare provider is very important during this stage of recovery. Physiotherapists can evaluate and manage possible inner ear conditions associated with head trauma, balance deficits, neck pain, headaches, dizziness and appropriately pace a return to cardiovascular activity.

The final phase of concussion recovery includes a graded return to play protocol that slowly progresses from light activity to full participation in order to be cleared for a full return to sports. This phase is not initiated until a patient has already returned to a full return to learning in school without accommodations, performing at their prior level of academic achievement and does not experience symptoms with learning tasks. Physiotherapists are qualified to progress a patient through a return to play protocol and work with the physician for final clearance.



NEW: CONCUSSION PROGRAM

Studies have shown that our brain is the most plastic (trainable and malleable) organ we have! We are able to hone the benefits of neuroplasticity to "re-train the brain" so that you can make new neural connections and restore networks that may have been impaired- even if your injury occurred years ago! Typically, our patients are able to improve significantly over the 3-6 months that they participate in our post-concussion program and are able to return to a level of function and activity that improves their quality of life.

Call us today for your FREE 15-min phone screening with one of our physiotherapists

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AT-HOME EXERCISE

Use This Exercise to Help Relieve Tension

BILATERAL SUBOCCIPITAL STRETCH

While lying on a flat surface, put both hands behind your head, cupping the base of your skull with your thumbs. Tuck your chin downwards and apply a firm force up your skull with both thumbs to feel a moderate stretch in the back of the upper neck. Hold for at least 30 seconds.



Always consult your physiotherapist before starting exercises you are unsure of.

www.FoundationPhysio.com

CONCUSSION PHYSIO SPOTLIGHT



TINA HOMAYOUNI, MScPT

Registered Physiotherapist, Concussion & Vestibular Physiotherapist

I obtained a Bachelor of Science in Medical Sciences from Western University, where I enjoyed conducting and publishing research, running charity campaigns, and volunteering as a physiotherapy assistant for adults living with disabilities. Following this, I graduated from the University of Toronto with a Master's of Science in Physical Therapy. I enjoyed working as a student physiotherapist in the field of neurological and orthopaedic rehabilitation. I was able to help rehabilitate clients from a variety of age groups, in both the hospital and private practice environments. As part of my MScPT degree, I continued to explore my passion for research as I took on the role of lead author on a project about physiotherapy-led exercise programs for people living with HIV. I'm committed to life-long learning, and enjoy bridging the gap between research and clinical practice.

I truly believe in empowering my clients through education about the root cause of their injury or impairment. I place a strong emphasis on active rehabilitation, accompanied by manual therapy and soft tissue release to improve performance and facilitate a full recovery. With my Olympic weightlifting background, I have a strong passion for helping lifters hit their next personal record through injury prevention and rehabilitation. I also enjoy working with clients of all age groups, and I'm passionate about helping my clients achieve their goals, whether that is meeting timelines for competitions, tournaments, or returning to work. I currently completed post-graduate courses in taping and the shoulder, and will be pursuing courses in advanced manual therapy, acupuncture, dry needling, and Functional Range Conditioning.

During my free time, I enjoy Olympic weightlifting, playing soccer, going for hikes, and discovering new places to eat in Toronto. I'm also a Manchester United fan, Glory Glory Man United as the reds go marching on!

PHYSIOTHERAPIST SPOTLIGHT



NICOLE CONZELMANN,

PT, PT, MScPT

Registered Physiotherapist, Running Consultant, Vestibular Physiotherapist

Hey I'm Nicole and I am a physiotherapist at Foundation's downtown core location!

I have a Bachelor of Science in Kinesiology from Western University, and a Master of Science in Physiotherapy from U of T. I had multiple volunteering experiences along the way in total knee replacement rehab, spinal cord injury rehab, and sports clinic settings, that confirmed that physiotherapy was the right job for me. I have since taken multiple post graduate courses in Manual Therapy, the Bobath Concept of the Study of Human Movement, Assessing and Treating Runners, and Vestibular Rehab.

My typical treatment approach involves a combination of hands-on manual therapy, exercise prescription, and education. I also often utilize taping and cupping as supplementary methods of treatment. For runners, I also perform a treadmill analysis, and for vestibular clients (anyone who experiences dizziness, decreased balance, or has had a concussion), I also include visual integration exercises and balance training.

Outside of work I love running, playing sports such as basketball, beach volleyball, tennis, and spike ball, going for hikes, and yoga.