



# Absolute Best Care Physical Therapy

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*Friendly, efficient, treatment . . . One Patient At A Time.*



*A comprehensive, state of the art approach to your rehabilitation. Our therapists are licensed, experienced professionals.*



SPORTS REHAB  
MCKENZIE  
WELLNESS PROGRAM  
BACK PAIN  
SHOULDER PAIN  
FITNESS  
EVALUATIONS  
WORK HARDENING  
STROKE REHAB  
BALANCE REHAB  
GAIT TRAINING  
STRENGTH TRAINING  
ARTHRITIS  
TREATMENT  
CHRONIC PAIN REHAB  
LYMPHEDEMA  
FCE'S



## *Our Philosophy*

*"At some point in our lives, we all need someone to rely on. I am proud to be that person to my patients."*



April / May 2012

## Remove the guesswork...enroll your athlete in a **Biodex Concussion Management Program**

### Attention Coach and Athletic Directors:

How do you *really* know if it is safe for players coming off a concussion can return to play? Are you putting yourself and the player at risk? We are excited to extend the resources of our new Concussion Management Program to you and your athletes, to answer these questions. **Absolute Best Care Physical Therapy** now offers a Biodex Concussion Management Program and we would like the opportunity to enroll your athletes with a simple baseline test of balance and cognitive assessment.

In the event of an injury, athletes are retested and compared to baseline as well as compared to age and gender-specific normative data. All data is stored per athlete with the ability to generate HIPAA compliant reporting. A guideline for Sideline Assessment and an RTP Algorithm helps make objective decisions on the field. The test only takes minutes, but will provide valuable information in the event of a concussion. High school athletes engaged in contact sports are experiencing concussions at an alarming rate. The Centers for Disease Control (CDC) estimate up to 3 million sports-related concussions are happening in the U.S. with school-aged children making up the majority of these cases. The rate of reoccurrence is just as concerning. When a concussion protocol is followed, kids usually recover within a week or two. Without a protocol, the risks can be great, including reoccurrence and possible lasting effects. Each concussion is different, so too is each patient's recovery. Having objective-baseline and data-driven support is essential for those difficult return-to-play decisions. We look forward to working with you and your team. Please call for a time to set up an evaluation.

Sincerely,  
Dr. Timothy J. Golub, PT

P.S. - The Biodex Concussion Management Program is used by local and professional sports teams throughout the U.S.