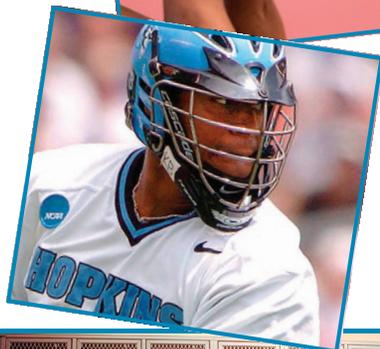


Until now, feeling good and feeling strong were signals used to return an athlete to sports. However, visual indicators do not tell the full story of how the brain is healing. Athletes relapse at a high rate back into concussion symptoms when they resume activities too soon, starting the healing process all over again.

The Biodex

Concussion Management Program

Is a comprehensive program to test and track athletes progress at all pre- and post-stages of a concussion. This program utilizes leading rehabilitative technology and diagnostic tools, taking the guess work out of when an athlete can **safely return to play.**



One in 10 Athletes who play contact sports sustain a Concussion each year.



Biodex Balance SD, an integral part of the Biodex Concussion Management Program.

Partner with us for your Concussion Management Program



**Absolute Best Care
Physical Therapy**

Absolute Best Care Physical Therapy

60 Fleets Point Drive, Suite 2

West Babylon, NY 11704

(631) 539-2629

abcpt@optonline.net

www.abcptcares.com

Please, Please, Please Can I Go Back In Coach?



“Can this athlete return to play?”

CONCUSSION MANAGEMENT

- Measured Outcomes**
- Objective Decisions**

Using best practices and state-of-the art equipment lets us help you answer the question with confidence...

**CONCUSSION IS SERIOUS -
ASK US ABOUT TESTING TODAY.**

CONCUSSION MANAGEMENT



Absolute Best Care Physical Therapy

Our office can provide a best practices **CONCUSSION PROGRAM!**

Our facility uses the Biodex Concussion Management Program which brings together cognitive and functional objective assessment. Using accepted tools and best practices, this comprehensive program provides an off-site single-source solution for your athletes.

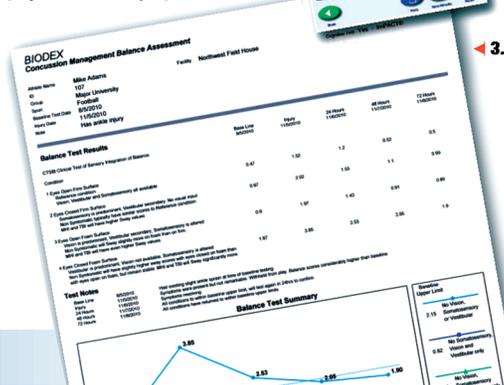
PROGRAM OVERVIEW:

- **Concussion Management Education** for coaches, players, parents and administrators.
- **Objective Pre-Season Baseline Testing** of balance and neuro-cognitive function is used to identify any pre-existing conditions or for post-injury comparison.
- **Sideline Assessment** protocol helps gather information at the time of the injury for symptoms, cognition and function. Sideline assessments is the cornerstone for identifying red flags that may require immediate medical attention.
- **Return-to-Play** decisions area supported by evidence-based protocols.
- **HIPPA** compliant post-injury **Summary Report** shows status, progress and outcomes of tests.

Consistent with NCAA Guidelines

Play It S.A.F.E.®
Concussion Management Program helps you follow the athlete's progress from baseline testing through post-injury evaluation.

1. Administer the test(s).
2. See the results.
3. Enter the data and document progress with Summary Report.



PROGRAM DETAILS:

For athletic programs that lack the resources to fully implement a concussion program in-house, we offer cognitive and balance assessment, test result storage with objective documentation and medically-supported protocols.

ABSOLUTE BEST CARE offers a structured concussion management program utilizing best practices and state-of-the-art equipment to help answer the question, "Can this athlete return to play?"

PRESEASON BASELINE SCREENING

- Graded Symptom Check List
- Neuro-Cognitive Test
- Clinical Test for Sensory Integration of Balance (mCTSIB) performed on the Biodex BioSway.



POST-INJURY EVALUATION

- Graded Symptom Check List
- Repeat neuro-cognitive test compared to baseline
- Repeat mCTSIB compared to baseline
- Review results and recommend best practice action plan
- Access to Concussion Health for medically-supported discussion, if necessary



INTERVENTION

ABC Physical Therapy
60 Fleets Point Drive, Suite 2
W. Babylon, NY 11704 ■ Tel: 631-539-2629



RE-EVALUATION FOR RETURN-TO-PLAY DECISION

Comparison of preseason and post-injury objective test results are reviewed in consultation with parents, athlete, physician and coaching staff (with permission), regarding return-to-play decision.

FACTS ABOUT CONCUSSIONS:

In the US alone, more than 300,000 sports-related concussions occur annually; high school and college football make up the highest percentage of those in jeopardy. All athletes, not limited to contact sports, have the potential to experience a concussion at some point during their careers.

Doctors at the Department of Neurological Surgery, University of Pittsburgh Medical Center's Sports Medicine Concussion Program, want athletes, coaches, trainers, team physicians and parents to know about new research data on concussion symptoms and the effects and dangers of returning concussed athletes to the playing field before the brain has had time to heal. The results of six separate research studies in major medical journals have revealed the following:

Fact: **HIGH SCHOOL ATHLETES** are likely to have slower recovery than college-aged or older athletes and to be more susceptible to severe neurological deficits should they be reinjured during recovery.

Fact: **POST CONCUSSIVE SYMPTOMS** can be quite subtle; coaches and athletes trainers often miss the diagnosis.

Fact: **ALL CONCUSSIONS** cause significant and sustained neurological impairments in information processing speed, problem solving, planning and memory...impairments are worse with multiple concussions.

Fact: **AMNESIA, NOT LOSS OF CONSCIOUSNESS**, may be the main indicator of concussion severity and predictor of post-injury, long term neurological problems. Research shows an athlete can have severe concussion without losing consciousness.