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# Healthy Living

NIAGARA'S LEADING MULTIDISCIPLINARY HEALTH CARE FACILITY

## NEW CONCUSSION HOTLINE

Niagara's only 24-hour telephone service will help to educate people about concussions and will start to fill the void in what the local community knows about the prevalent and potentially serious condition. Our health care professionals who specialize in concussion treatment and management, know people are often misinformed about the causes, diagnosis and treatment of the highly common type of head injury. Concussions have become a

silent epidemic and the free hotline staffed by our concussion health care specialists can help ensure that sufferers and caregivers have access to key information during the critical few days after a potential concussion.

HOTLINE NUMBER  
**905-329-5340**

Or email [info@acceleratedhealthcentre.com](mailto:info@acceleratedhealthcentre.com) for more info on Concussion Management Program



**AcceleratedHealth & WellnessCentre**  
Patrick Maddalena HKin, DC Mark Georgiev HKin, MPT  
HEALTH AND WELLNESS

#20 Highway 20, Unit 14 Fonthill, ON 289-897-9099

- ◆ Physiotherapy
- ◆ Spinal Decompression
- ◆ Massage Therapy
- ◆ Naturopathic Medicine
- ◆ Low Intensity Laser Therapy
- ◆ Vestibular Rehabilitation
- ◆ Chiropractic
- ◆ Acupuncture
- ◆ Custom Bracing
- ◆ Custom Orthotics
- ◆ Concussion Management



## Sit Out When in Doubt

**I think I may have a Concussion. What should I do?**

### STEP 1

Make sure that you tell someone (your coach, parent, teacher etc.) so that you are not left alone. Remove yourself from sport, class, and/or work until a Medical Physician can properly assess you. Complete rest is the best treatment during the initial hours of the injury.

### STEP 2

Schedule an appointment to see a Medical Physician as soon as possible. It is not usually necessary to visit the emergency room unless your symptoms are severe and/or rapidly worsening. It is not usually necessary to have someone wake you in the night – get a good night's sleep, and nap when you need to. Limit use of your phone, television, and computer – try to rest both your body and your brain.

### STEP 3

Undergo proper medical evaluation by a Physician. This does not typically include CT or MRI unless more severe injury is suspected or needs to be ruled out.

### STEP 4

Visit one of our Shift Concussion Management professionals for further assessment. If you have previously undergone baseline testing, repeat testing will demonstrate any areas that may be impaired due to the injury and will help guide management recommendations. If you have not previously undergone baseline testing, a follow-up assessment with one of our Health Professionals is still highly recommended.

### STEP 5

Follow any management recommendations given to you by your Physician and Shift Health Professional. These may include manual therapy (eg. for associated neck pain), specific rest strategies and home recommendations, modified school and/or work requirements, specialized rehabilitative techniques (eg. vision therapy), and other recovery strategies.

### STEP 6

Follow-up with the Health Professionals involved in your care so that your recovery is properly monitored. If you have questions – ask! Knowledge of your injury will aid in your recovery.

Provided by SHIFT CONCUSSION MNGT.

## PATIENTS SPEAK OUT

I was in a serious car accident. As a result I sustained injuries to my neck and lower back. With a proper diagnosis from AH&WC, of lesions to the nerves in these areas as well as suffering whiplash. I made a dramatic recovery through laser therapy, exercise and a commitment to my treatment plan provided by Courtney (physiotherapist) and her team. I would like to say THANK YOU AH&WC for the great care, support and encouragement and especially to Courtney who made my rehabilitation process that much better by always having smile and making me feel comfortable.  
- Carol Gates, Motor Vehicle Accident

