

fact sheet

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Shepherd Center

COMPLEX CONCUSSION CLINIC

Concussions are mild traumatic brain injuries caused by a sudden jolt or blow to the head. In typical concussions, symptoms subside within a week or two, but about 20 percent of cases present with complications that fall beyond the scope of primary care physicians. For these cases, Shepherd Center's Complex Concussion Clinic offers comprehensive assessment and treatment by a team of specialists.

PATIENTS SERVED:

We serve patients ages 12 and above who are experiencing symptoms from a concussion or a mild brain injury that has occurred in the past six months.

Patients can access the Complex Concussion Clinic through a referral from:

- Primary care physician
- Sports medicine physician
- Athletic trainer
- Therapist
- Emergency room physician

Referral is appropriate for patients who are experiencing symptoms including:

- Prominent dizziness, balance problems and/or nausea
- Difficulty with sleep
- Persistent post-injury headaches
- Cognitive changes, such as poor concentration or difficulty with memory
- Changes in mood/anxiety

Referral also is appropriate for patients who have pre-existing conditions that may complicate recovery, including:

- Headaches
- Depression and anxiety
- Attention Deficit Disorder

SERVICES PROVIDED:

Comprehensive treatment team that may include:

- Neurologists, rehabilitation medicine physicians and neuropsychologists
- Athletic trainers
- Physical, occupational and speech/cognitive therapy

- Vestibular/balance specialists

Patient assessment and treatment may include:

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- Cognitive rehabilitation
- Vision services
- Vestibular treatment
- Pain management
- Psychological counseling to offer support and adjustment to injury
- Return to Drive Program
- Return to Learn - vocational and academic coordination
- Pain Assessment - coordination with Shepherd Spine and Pain Institute

WHAT MAKES US DIFFERENT:

- Patient-centered care with emphasis on return to play, school/work and community
- Advanced technology
- Comprehensive and timely care
- Dedicated treatment team
- Individualized treatment
- Patient/family education
- Web-based support and education

PROVIDERS:

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Learn more at shepherd.org/ComplexConcussionClinic.