

What is baseline testing?

- Symptoms are very poor indicators of recovery! Studies have shown significant deficits in ATP levels, balance, reaction time, memory, visual processing, strength, physical capacity, etc., even after the athlete feels 100%. This demonstrates feeling better and actual recovery are two very different things!
- Baseline testing is an important component to a comprehensive concussion management program. Baseline tests are given to athletes PRE-season to establish an individual athlete's normal, pre-injury performance and to provide the most accurate and reliable benchmark against which post-injury assessments can be compared. This allows more appropriate decisions to be made regarding when the athlete has fully recovered and can return to play.
- Professional sports organizations have been doing baseline testing for years, why are we not treating every athlete this way? Especially since children and adolescents are more susceptible to these injuries and also take longer to recover since the brain is still developing.

The fact is that these injuries are being improperly and inadequately managed far too often!

Our Mission

To bring the level of concussion management seen in professional sports organizations to the amateur athlete. To remain updated on current research in order to manage these injuries properly and safely to ensure adequate recovery, thereby limiting the risk of further injury and long-term brain damage, through:

- In-depth, comprehensive baseline testing
- Proper progression through return-to-learn and return-to-play stages following injury (via collaboration with schools and coaches)
- Neurorehabilitation of any deficiencies or longer duration symptoms



www.completeconcussions.com

To make an appointment for baseline testing or post-injury evaluation
email:

info@completeconcussions.com



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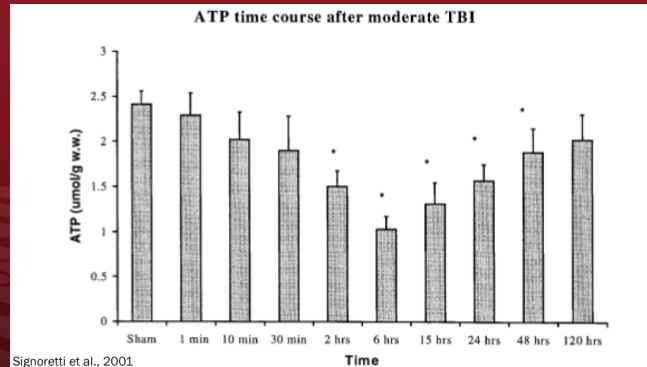
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What is a concussion?

A concussion can be simply defined as a disruption in neurological functioning following a significant impact to the head or elsewhere on the body. This causes an imbalance in molecules within the brain cells as well as an energy deficit (The energy molecule required for cell function is known as ATP). There has also been shown to be large reductions in blood flow to the brain immediately after concussive impact.



A cause for concern

The biggest concern surrounding concussion comes from the energy deficit that occurs following injury. The data shown above is from animal models, however humans are known to follow a similar, yet longer, and much more variable recovery.

Following a suspected injury, a player should be immediately removed from play, assessed, and placed on complete rest in order to recover from the energy deficit. Studies have shown that any activity, both mental and physical, can delay the process of recovery and should be avoided until the athlete is completely symptom free.



It is also well known that the brain is very vulnerable during this period of recovery. Because the brain is already in a state of imbalance accompanied by low ATP levels, another impact to the head during this time will cause an even greater imbalance and greater overall ATP decline. This results in significantly longer recovery times and potentially devastating permanent consequences. Studies suggest that even a lesser impact can cause injury during this time.

The most important factor surrounding these injuries, therefore, is ensuring a full and adequate recovery before returning to activities where you could potentially suffer an injury.