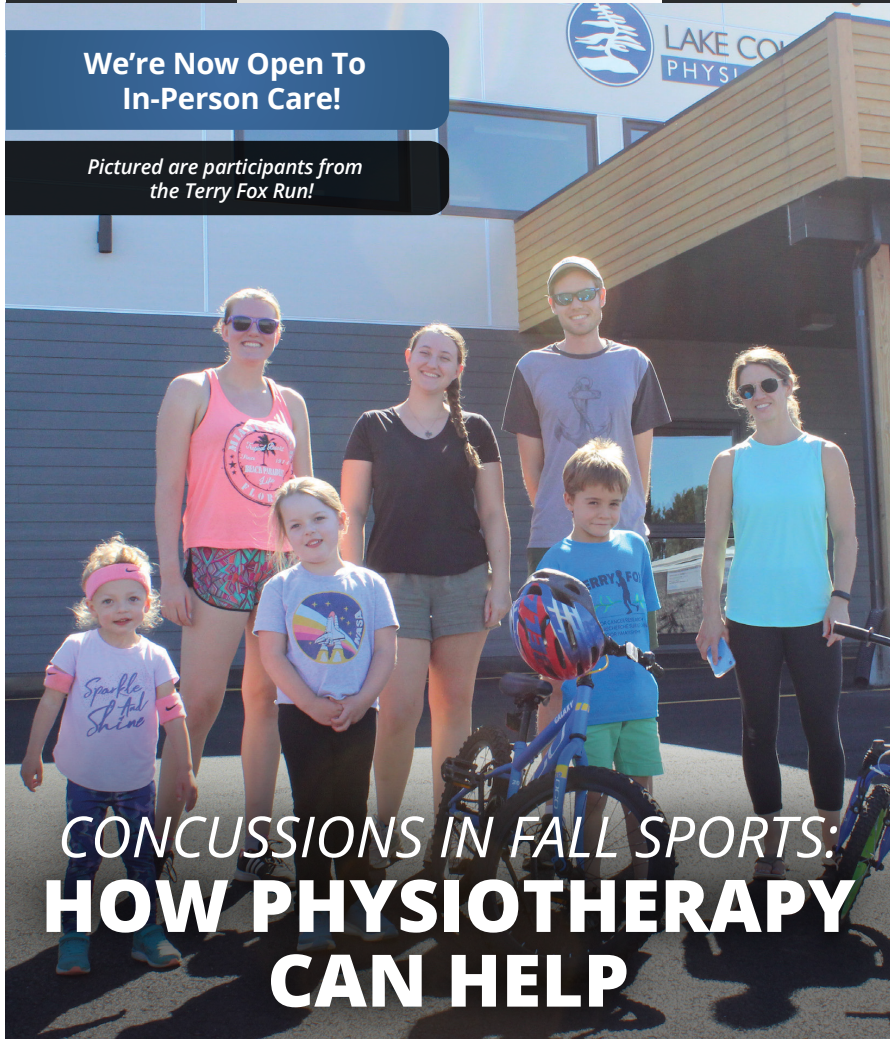




We're Now Open To
In-Person Care!

*Pictured are participants from
the Terry Fox Run!*



CONCUSSIONS IN FALL SPORTS: HOW PHYSIOTHERAPY CAN HELP

INSIDE:

- How Can An Athlete Benefit From PT For A Concussion?
- Being Grateful Is Good For You!
- Healthy Recipe



CONCUSSIONS IN FALL SPORTS: HOW PHYSIOTHERAPY CAN HELP

What Is A Concussion?

Concussions are a type of brain injury caused by a force/hit or sudden acceleration and deceleration to the head, neck or body. A major reason for the concerns with high school sports is that the forces transmitted to the brain can impair your physical and mental capacities for an extended period of time.

Concussions can cause a variety of unpleasant effects, including:

- Inability to focus.
- Fatigue.
- Dizziness.
- Memory loss and confusion.
- Nausea and vomiting.
- Slurring of speech.
- Painful and chronic headaches/migraines.
- Sensitivity to light and sound.
- Ringing in the ears.
- Visual abnormalities.

Although concussions can be debilitating and restricting, physiotherapy can help provide recovery and relaxation. You don't have to figure out a recovery plan on your own, Lake Country Physiotherapy is here to help you make your way back to feeling your best. Give us a call today to schedule an appointment, and

in the meantime, keep reading to learn more about concussions and the benefits of therapy for relief (unless you currently are suffering a concussion. In that case please have someone else read it or print it off. Digital screens are 10% more intensive for our eyes in terms of fatigue than paper material.)

Should I Rest After Receiving A Concussion?

Having a proactive approach to concussions will lead to the best outcomes, but unfortunately some athletes will be instructed to rest. Research on concussions is evolving and as we continue to learn, we are realizing that not only does prolonged rest not work; it can actually make you feel worse in the long run.

While it is true that during the early stages following injury, moderate rest is still important, but doing nothing but rest may be creating worse outcomes for athletes. This is why choosing the right physiotherapist to guide you through the process is critical!



Get your life back on track with
Lake Country Physiotherapy!

www.LakeCountryPhysio.com

Phone: 705-327-7876 Fax: 705-327-9064



1. Feel free to call us and ask to speak to your therapist.



2. Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.



3. If further assessment is warranted, your therapist might recommend you come in for an appointment.

Call **Lake Country Physiotherapy** to talk with your physiotherapist today!

How Can An Athlete Benefit From PT For A Concussion?

There are specific tests and treatments that your physiotherapists can guide you through to get you safely back into practice and games.

1. Exercise Therapy

Researchers have demonstrated complete resolution of the symptoms associated with concussion through a graded exercise program alone. There are even some indications that exercise might even help speed recovery in the early stages after concussion!

It is important to see a physiotherapist that knows how to guide you through a program that is tailored to your specific needs. Testing must be done first to establish set points as well as to help determine your specific program. Physiotherapists are the musculoskeletal experts and understanding when to modify your exercises is essential for your success.

2. Manual Therapy & Neck Rehab

When a person sustains a concussion, they most likely have also experienced whiplash. Research has shown that the acceleration required to cause a concussion is more than necessary to cause whiplash, so we know those with concussions also have traumatized the

muscles and joints of the neck. In fact, a study found that 100% of the time, these injuries happen together!

It can be difficult to figure out what symptoms are coming from the concussion and what is coming from whiplash as they are often exactly the same. **Some commonly experienced symptoms of both conditions are as follows:**

- Headaches
- Cognitive and emotional problems
- Balance problems
- Dizziness
- Eye movement control problems
- Brain blood flow abnormalities

The ideal way to identify what symptoms are coming from the neck or a concussion is by visiting with a skilled therapist.

3. Vestibular and Visual Rehab

Dizziness is one of the most common ongoing complaints of patients with persistent symptoms. This may be due to a number of overlapping issues such as problems with the balance centres of your brain, your visual system, and/or problems with the muscle and joint sensors of your neck.

Your PT will assess each of the systems and how they may interact. Following

a thorough assessment of these areas a proper rehabilitation program can be set up.

The research on rehabilitation for these areas is extensive with numerous studies showing resolution of dizziness and visual abnormalities with a fairly short course of physiotherapy treatment.

Following your diagnosis, your recovery plan will be established, taking into account the seriousness of your illness as well as any symptoms you might be having.

Your physiotherapist will design a care schedule that is tailored to your individual conditions for rehabilitation and help your athlete safely return to sports!



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Being Grateful Is Good For You!



Gratitude and health

Feeling thankful can improve your health in both direct and indirect ways. Some research shows that the experience of gratitude can induce a sense of relaxation, improve the immune system, and decrease blood pressure. But grateful people also tend to cultivate better health habits, like eating more nutritious food, exercising, and avoiding risky behaviors. In addition, the optimism that stems from gratitude can create a healing attitude: research shows that people with optimistic attitudes have better outcomes after medical procedures.

Find Relief Today

Contact Our Clinic For An Appointment



Concussions are a significant issue, and our physiotherapists are committed to assisting you in recovering. If you have had a concussion, make an appointment with one of our physiotherapists right away.

They are experts who are skilled in concussion management and can help you to feel your best in no time. Rest assured that at Lake Country Physiotherapy, you're 100% supported in your journey to getting better!

We'll get you started on the initial steps toward developing your recovery plan and achieving your objectives towards a stable and sensible return to activity!

SOURCES:

<https://www.mayoclinic.org/tests-procedures/concussion-testing/about/pac-20384683>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3735746/>

<https://pubmed.ncbi.nlm.nih.gov/16421067/>

<https://medlineplus.gov/lab-tests/concussion-tests/>

<https://completeconcussions.com/2016/06/29/top-5-evidence-based-treatment-concussion/>



Healthy Recipe *Candy Corn Smoothie*

INGREDIENTS

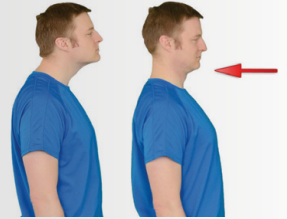
1 cup frozen mango chunks
1/2 cup coconut milk
1 frozen banana


A thumb-sized piece of turmeric
1 cup frozen pineapple chunks

DIRECTIONS

Place 2 clear cups in the freezer. Pour the milk into a blender. Slice the banana and add it to the blender. Blend until smooth. Remove the cups from the freezer and spoon the banana mixture evenly into the bottom of each of the cups. Return the cups to the freezer for 5 to 10 minutes. Rinse out the blender. Add the mangoes and turmeric and blend until smooth. Take the cups out of the freezer and spoon the mango layer evenly into the cups. Return to the freezer for 5 to 10 minutes. Rinse out the blender. Add the pineapple, and blend until smooth. Spoon evenly into the cups and serve.

Exercise Essential



 SimpleSet Pro

RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders.

Did You Know?

We Can Also Treat:

- Back Pain
- Contusions
- Headaches
- Hip Pain
- Joint Pain
- Knee Pain
- Mobility Issues
- Neck Pain
- Pelvic Injuries
- Shoulder Pain
- Sports Injuries
- Sprains