

# The Atlantic Neuroscience Institute CONCUSSION CENTER

## What is a CONCUSSION?



Concussions are not simply a “bump on the head.” As brain injuries, they must always be taken seriously.

A concussion, or mild traumatic brain injury (mTBI), is caused by a mechanical force, such as a blow to the head, that immediately disrupts normal brain functioning. Changes in the brain’s function following this type of injury can persist for many days, causing symptoms that may increase the possibility of a second concussion while the brain is still healing. The number and severity of concussions and individual experiences can have permanent consequences. Sufficient treatment and recovery time are crucial to prevent further injury.

Concussion symptoms usually appear immediately but can also develop several days after the injury. Common symptoms include: memory loss, dizziness, emotional instability and disturbances of equilibrium, vision and cognitive functions, as well as headache, nausea, and vomiting. Loss of consciousness may or may not occur.

### HOW THE CONCUSSION CENTER CAN HELP

Atlantic Neuroscience Institute Concussion Center offers:

- Detailed screening and assessment of concussions, including computerized neuropsychological testing and recommendations for proper healing of the injury.
- Treatment follow-up and evaluation, incorporating additional computerized neuropsychological testing as needed. Referrals may be made for more extensive neuropsychological testing or neuroradiological studies.
- Preseason Baseline Testing for athletes utilizing computerized neuropsychological testing to provide an individualized baseline measurement for use in determining treatment success if the athlete is subsequently injured later in the season.

### WHAT YOU MAY NOT KNOW ABOUT CONCUSSIONS

Amnesia – not loss of consciousness – may be the main indicator of concussion severity and the best predictor of post-injury recovery.

*(American Journal of Sports Medicine)*

Even seemingly mild concussions can have significant negative effects.

*(Journal of Neurosurgery)*

The effects of multiple concussions can be cumulative.

*(Journal of Neurosurgery)*

Ongoing headache symptoms probably indicate incomplete recovery.

*(American Journal of Sports Medicine)*

## ABOUT THE ATLANTIC NEUROSCIENCE INSTITUTE

As a Credentialed ImPACT™ Consultant (CIC) and a leader in sports™ concussion management, Atlantic Neuroscience Institute utilizes a sophisticated, researched-based computer test called ImPACT™. Developed by clinicians to evaluate an athlete’s recovery following concussion, athletes are offered a 20 minute neuro-cognitive test measuring the effects of a sports related concussion. Taken during the pre or offseason, each athlete is given a baseline test. If and when concussion is suspected, a follow-up test is administered to see if the results have changed from the original baseline test. This comparison helps to diagnose and manage the concussion and follow-up tests can be administered, so clinicians can continue to track an athlete’s recovery.

Atlantic Neuroscience Institute partners with local and regional schools and sports teams offering baseline testing at discounted rates. We provide educational programs for schools and athletic programs heightening community awareness about concussions and safe return to play for all student athletes.

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