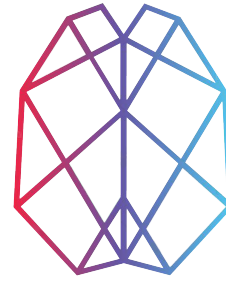


IKN Concussion Course Outline

1-Day 5.5 Hours



What is a concussion?

- Pathophysiology of concussion/TBI
- Metabolic Changes

Recognizing Symptoms

- 4 categories: Physical, Thinking, emotional, sleep
- Red Flags

Sideline/Lockerroom Concussion Assessment Tools

- CRT, SCAT, SAT, BESS, background of each, and differences

Post-Concussion Testing

- ImPACT, Concussion Vital Signs, C3Logix, Sway
- Background, when to be implemented, what systems is it testing?
- Post Concussion Syndrome, how long can symptoms affect you?

Current Return to Learn & Play Best Practices

- International Concussion in Sport Group Consensus Statement
- Acute rest recommendations, how much is too much rest?
- 4 step return to learn
- 6 step return to play
- How to use post-concussion testing as a guideline for return

Neural Fatigue

- What is it?
- Balance as an indicator
- How our sensory integration system can help

Sensory Integration Progression

- Utilizing sensory integration of visual, vestibular, proprioceptive and cerebellar progressing within the return to learn & play protocol and treatment of post-concussion syndrome

Assessments and drills for specific areas of brain depending on area of impact

- Occipital
- Parietal
- Frontal

What is the research telling us about diet?

- Offsetting the excitotoxicity of a concussion