



Western
Pennsylvania
Sports Medicine &
Rehabilitation Clinic Inc.

Effective Therapy from Experienced Professionals



5 Locations to Serve You!

Berlin: **814.267.4393**

Ebensburg: **814.472.9070**

Richland: **814.269.9606**

Somerset: **814.445.7727**

Westmont: **814.255.6814**

CAN PHYSICAL THERAPY HELP BRAIN INJURY?



A traumatic brain injury (also known as TBI) occurs as a result of trauma to the head, leading to damage to the brain itself. Traumatic brain injuries can result from numerous types of injuries including automobile accidents, contact sports, or falls. Symptoms can vary from mild to severe; ranging from headaches and general confusion to partial paralysis and loss of sensation. In fact, any injury to the brain is a serious condition that requires

hospitalization and immediate medical attention.

A mild TBI may be associated with a change in the mental state of the individual or a short-term loss of consciousness. A severe TBI may result in a coma, memory loss and loss of muscle control. Over a period of time, this can cause loss of muscle strength and a deterioration of balance, which can lead to falls.

Although the severity of a brain injury can vary immensely, the importance of physical therapy cannot be overstated. Some brain injuries may require a few weeks of rehabilitation; while severe injuries can require several months of neurological re-education under the supervision of an experienced physical therapist.

What is a Concussion?

A concussion is a multifaceted condition. Effects are usually temporary but can include headaches and problems with concentration, memory, balance and coordination. Mismanaging a concussion can lead to short term risks of another concussion, a worsening of symptoms, school related issues and second impact syndrome. Long term risks include pro-longed concussion symptoms, depression, cognitive impairment, long term academic issues and decreased quality of life.



Normal recovery from a concussion is typically defined as < 14 days. Post-concussion syndrome is when we don't see this normal recovery. Migraine and cognitive symptom clusters may predict prolong recovery such as dizziness and balance disturbances. High school athletes and younger children may take longer to recover than older counter-parts. Individuals experiencing visual vestibular deficits typically take longer to recover from a concussion. We treat patients immediately after they have suffered a concussion or if time has passed.

SPOTLIGHT



Terry Aman, MS, PT, ATC

MSPT: Washington University School of Medicine
BS: Athletic Training, Mankato State University
Member: American Physical Therapy Association
Certified:
Graston Technique
ImPACT Trained
Physical Therapist

As a Certified Athletic trainer as well as a physical therapist, Terry has a particular expertise treating Sports and Orthopedic injuries. Terry was the Physical Therapist to the Johnstown Chiefs ECHL hockey team. Terry is a Graston Technique certified. He also has received certification as an ImPACT Trained Physical Therapist specializing in Post Concussion evaluation and rehabilitation.

CALL TODAY TO SCHEDULE YOUR APPOINTMENT!

**1253 Scalp Avenue
Johnstown, PA 15904
814.269.9606
Fax: 814.262.0241**



Western PA Sports Medicine & Rehab's Concussion Management



Western PA Sports Medicine & Rehab's concussion management program considers outcomes throughout the continuum of care and will devise a comprehensive treatment plan. We believe no concussion is alike and evaluate the patient as a whole. Different symptoms present in patients with varying risk factors. ImPACT trained physical therapists evaluate the concussion based on clinical trajectories and treatment is individualized for each athlete.

Concussion Evaluations

Formal concussion evaluations include a thorough clinical interview, symptom evaluation, physical exam, neuro-cognitive testing (ImPACT testing, ImPACT Pediatric testing, SCAT5, SCAT5 Pediatric), physiological testing (Buffalo concussion treadmill test), balance assessment (Balance Error Scoring System - BESS), and Vestibular-Ocular Motor Screen (VOMS).

Rest Treatment



Early on rest is an appropriate treatment and it may be beneficial to limit TV, cell phone, computer and video game use. In certain types of concussion, rest may not help and can actually make symptoms worse. Vestibular symptoms are treated with exposure and recovery and will not get better in a dark room.



Customized Treatment Plan

Concussion is a treatable injury and based on the evaluation a customized treatment plan will address vestibular, vision, migraine, cervical, anxiety, and cognitive/fatigue symptoms. The results include treatment that is specific to that patient and may include cervical spine manual therapy, vestibular therapy to address symptoms of balance and dizziness and the use of dual task treatment.

Western PA Sports Medicine & Rehab's Concussion Program

Available in Our Richland Location

Terry Aman, M.S., P.T., ATC at Western PA Sports Medicine & Rehab has completed the state of-the-art concussion care management training through ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing). Terry incorporates post-injury rehabilitation techniques into the most-widely used and most scientifically validated computerized concussion evaluation system available.

ITPT certification provides additional training that includes the latest concussion management research and treatment options available, as well as on the use of ImPACT and ImPACT Pediatric software. ITPTs serve an important role in ImPACT's Concussion Management Model by offering concussion management education and awareness.

Most athletes who experience an initial concussion can recover completely as long as they are not returned to exertion or contact play too soon. Research clearly shows that the effects of repeated concussions are cumulative. "A concussed athlete whose injury is not managed properly and who returns to play too soon before the brain has had time to heal is at greater risk for further, more serious injury, and that is a road you never want to travel," says Dr. Mark Lovell, Chief Scientific Officer and Chairman of ImPACT, Applications, Inc.

Western PA Sports Medicine & Rehab's concussion management program is used in conjunction with the referring physician to help make return to school and return to play decisions. Western PA Sports Medicine & Rehab's concussion program is offered to ages 5-60.

Call today to schedule in one of our 5 convenient locations.

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