

LEAPS & BOUNDS
PERFORMANCE REHABILITATION
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LEAPS & BOUNDS
PERFORMANCE REHABILITATION

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME

www.leapsboundsrehab.ca

INSIDE:

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ALL ABOUT CONCUSSION MANAGEMENT

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NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME
OCTOBER 2020



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NEWSLETTER

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ALL ABOUT CONCUSSION MANAGEMENT

WHAT YOU NEED TO KNOW



WHAT IS A CONCUSSION?

A concussion is a mild traumatic brain injury that can alter the way the brain functions. Concussions can occur from direct or indirect impact to the skull or brain.

WHAT IS THE MOST COMMON MISCONCEPTION ABOUT CONCUSSIONS?

A big misconception is that a concussion only occurs as a result of a direct blow to the head. Something like a car crash or a football tackle. With that perception, if an athlete gets a few seemingly minor hits in a soccer game or a basketball game, they don't think they have a chance at suffering a concussion so they don't report it. Instead, they keep playing which can be very dangerous. A concussion may be caused by a direct blow to the head, face, neck, or elsewhere on the body if the force of the impact is transmitted to the head. It's important for athletes, parents and coaches to understand that multiple small impacts can cause one to occur. These smaller impacts can still cause symptoms like headaches, trouble concentrating, and behavioral changes. When athletes and parents understand that a concussion can begin from multiple smaller impacts, they start taking note of those during games and practices which helps with early recognition.

WHY IS IT SO IMPORTANT TO HAVE A PROGRAM SPECIFIC TO CONCUSSION MANAGEMENT?

Education of understanding concussions is important. We educate patients and give them the tools they need to recognize when a concussion occurs so they are not putting themselves in potential danger for further injury by continuing to play. A concussion is a temporary disturbance to the brain's cells caused by its acceleration and deceleration within the skull. It can affect a person's performance at school, work, or during play. Our program addresses all of these areas by monitoring the symptoms and returning the person to each when the brain is ready.

HOW CAN A CCMI PRACTITIONER HELP?

A CCMI Practitioner can help you recover from a concussion. The right treatment plan can help you restore physical and cognitive functions such as balance and concentration. CCMI Practitioners have the knowledge and skills that allow them to treat each individual according to his or her unique needs. This directs the assessment and treatment processes and ensures better results in a shorter period of time.





















Leaps and Bounds is a certified Complete Concussion Management Inc Clinic (CCMI). Call us today to get professional care for your concussion.

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CONCUSSIONS: MYTH VS. FACT

WWW.RETHINKCONCUSSIONS.COM

 MYTH A concussion only occurs as a result of a DIRECT BLOW TO THE HEAD	 FACT A concussion may be caused by a direct blow to the HEAD, FACE, NECK, or ELSEWHERE ON THE BODY if the force of the impact is transmitted to the head
 A concussion occurs only when an athlete EXPERIENCES A loss of consciousness	 Concussions can occur WITH OR WITHOUT loss of consciousness (LOC) , and about 90% of concussions DO NOT RESULT IN LOC
 Everyone is at THE SAME RISK for a concussion 	 Various factors, including AGE, GENDER, and MEDICAL HISTORY , put an individual at risk for sustaining a concussion 
 It is SAFE for a player to return to the same game or practice after suffering concussion-related symptoms	 There are many different signs/symptoms of concussions. Any athlete who displays these symptoms SHOULDN'T be allowed to return to the current game or practice, even if the symptoms clear quickly
 ALL concussions, treatments and recoveries are ALIKE	 NO two concussions are identical. Our research has identified six different clinical trajectories for concussions
 YOU MUST be placed in a dark room to recover from a concussion	 EVIDENCE-BASED ACTIVE TREATMENTS for concussions exist , including vestibular therapy, vision therapy, and exercise
 Having one concussion places you at increased RISK for future concussions	 Proper clinical management is the best form of prevention; recovery from one should NOT put an athlete at risk of another. But there are some inherent conditions that can put you at higher risk
 Concussions DEFINITELY cause long-term brain damage and chronic traumatic encephalopathy (CTE)	 Potential long-term effects from concussions come primarily from POORLY MANAGED INJURIES . Scientific Studies linking concussions and long-term effects are still in progress and no definitive conclusions can be made
 Helmets and mouth guards CAN PREVENT concussions	 While helmets have been shown to protect against skull fracture and severe traumatic brain injury, there is very little evidence that a particular brand of helmet REDUCES the incidence of concussion. Mouthguards, too

SERVICE SPOTLIGHT: BASELINE CONCUSSION TESTING



As a preventative measure, baseline tests are typically taken annually and prior to a sport season when an athlete has not yet had exposure to training and/or competition. In the event that a concussion is received during the season, the same test (post-injury) is taken again by the athlete, yielding comparative scores from before and after the injury. These tests are an important tool in an overall concussion management program and safely returning to normal activities.

WHY IS IT IMPORTANT TO GET "BASELINED?"

A Baseline Concussion Test is an important piece to concussion management. Each concussion is unique, so it is important to treat individuals on a case-by-case basis. Comparing post-injury test scores of an individual to their own baseline test scores from before the concussion is considered best practice. Without a baseline test to use for comparison, an individual's post-injury test scores can only be compared to the general population. As

such, the baseline test is a highly recommended piece of the puzzle when it comes to returning a person back to school, work, or play.

If you suffer a concussion and return to physical activity before you are fully healed, you increase your risk of a "second impact syndrome" which can have tragic results. If available, the baseline test can be used pre- and post-injury to measure brain function for comparison and a measure of your healing.

HOW CAN A CCMI PRACTITIONER HELP?

A CCMI Practitioner can evaluate and treat many problems related to concussion. Because no two concussions are the same, a CCMI Practitioner will examine your neurological, orthopedic, and cardiovascular systems in order to best prescribe a routine to address your particular symptoms and your needs in all of your daily environments.

WHAT ELSE CAN I DO?

Leaps and Bounds offers individual and group rates for teams of 10 or more— perfect for any team your child may be a part of. Also, consider downloading the free Concussion Tracker app. It is always good to have if you are the parent of a young athlete. To download, click [HERE](#).

For more information, call us at (905) 847-5227 today!

STAFF SPOTLIGHT

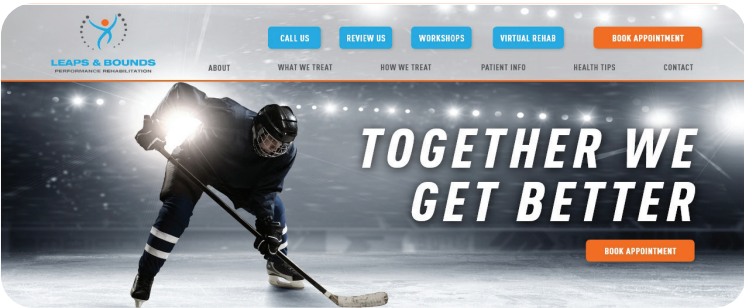


BRITTANY BOOT BSC KIN, DC

Brittany has been part of the Leaps and Bounds: Performance Rehabilitation team for 2 years. She completed her undergraduate education in Kinesiology from Dalhousie University in Halifax, and then moved back home to Ontario where she attended the Canadian Memorial Chiropractic College program and graduated as a Doctor of Chiropractic. Brittany has completed several certifications in Athletic and Clinical Taping, Soft Tissue Release Therapy, Muscle Release Therapy, Instrument Assisted Mobilization Therapy, and Functional Integrated Acupuncture. Wanting to continue her education and love of sports Brittany is in the middle of completing the Sports Sciences Residency program with the to the Royal Chiropractic College of Sports Science (Canada).

Brittany has been a part of many sports throughout her life, but her true passion is with the Ice Hockey. She played for a competitive boys team for 9 years before making the switch to female hockey for a few seasons before university. While away in Halifax, Brittany was a member of the Dalhousie University Field Hockey team for 4 seasons, and made it to the Atlantic Championships in all four years. Since returning, she has been working in the Ontario Junior Hockey League as a team therapist for the past 6 seasons, currently with the Georgetown Raiders Jr. A hockey club. Brittany realized her dream of wearing the Maple Leaf when she was named the therapist for Team Canada East on the World Junior A Championships in 2018.

CHECK OUT OUR NEW WEBSITE!



Our website has gotten a makeover! Visit us at www.leapsandbounds.ca to see our new look!

HEAR WHAT OUR PATIENTS ARE SAYING

"Pat, Carol, and their entire team have been treating my family and I for a number of years. We have always appreciated the friendly, clean atmosphere of the clinic, and the knowledge, professionalism, and kindness of the people we work with while there."

My daughter was a competitive dancer with an ankle and hip issue, and Carol's expertise in dance, the turnout boards, and the dancer-specific treatment were amazing - such great support to have as a dance mom!

I would highly recommend Leaps and Bounds for physiotherapy treatment, dancers and adults alike. Thanks Pat and Carol!" — Alison W.

HELP US HELP OUR COMMUNITY!



For every Google review we receive, we will donate \$10 to charity! This month's donations will go to Breast Cancer Research (Canadian Cancer Society)!

DO GOOD — LEAVE US A REVIEW TODAY!

LET'S GET SOCIAL!

Follow us on Facebook, Instagram, and Twitter to get the most up-to-date information about what's going on at LABs Rehab!



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