



Concussion Management

Due to the serious consequences of sustaining a second concussion before an initial brain injury has healed (as with Sidney Crosby), concussion baseline testing is recommended for athletes over 9 years old who are involved in a sport where contact is likely.

What is Concussion Baseline Testing all About?

Maximum Physiotherapy administers the SCAT2 (Sport Concussion Assessment Tool) which is one of the tools used by the NHL. The SCAT2 test includes balance, cognition, memory, comprehension and recognition and is designed to be administered by a health professional. Once a baseline score is established, the results are kept in our files and the family doctor is notified.

Following a concussive injury, athletes are re-tested. Re-test scores are compared to their own baseline results to determine whether there are any deficits. The re-testing assists in the decision to return to play, thereby reducing the risk of another head injury.

How does Testing Work?

Call Maximum Physiotherapy (705-444-3600) to book a baseline assessment. It usually takes about 30 min, including a talk with parents.

Cost:

baseline: \$50

re-test: \$50

We can assess athletes who have already had concussions, to get a "post-concussion" baseline score. Team deals can be arranged offsite.

Many extended insurance plans cover athletic therapy or physiotherapy.

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