

# Active Concussion Management Program at Active Body Physical Therapy

Phone: 519-250-1855

Website: [activebodytherapy.com](http://activebodytherapy.com)

At Active Body Physical Therapy we place a great emphasis on a multidisciplinary approach to concussion care. We have physiotherapists, kinesiologists, massage therapists, pilates physiotherapist, and physiotherapy assistants all in house. We also have very good professional relationships with chiropractors, occupational therapists, optometrists, and many family doctors.

Our Concussion program has 3 major components:

- 1) **Baseline Testing:** This is an excellent way to gather relevant information about each athlete's eye function, balance ability, and neurocognitive capabilities to have on file in case of injury. We complete Impact computerized testing as well as clinical balance and visual testing to have a comprehensive baseline of your child's pre-incident capabilities. ImPact: Computerized neurocognitive testing performed with each assessment as part of this baseline testing.
- 2) **Assessment/Treatment:** We are trained with the Shift Concussion Management program which is one of the leading providers of concussion education in Ontario. Assessment and treatment of all necessary systems of the body include but are not limited to:
  - a. Visual
  - b. Vestibular
  - c. Cardiovascular
  - d. Proprioception
  - e. Cognitive
- 3) **Reintegration into learning and sports:** Our number one focus for all athletes with concussions is first a successful reintegration into school. We deal directly with school support staff to give the children the necessary academic accommodations to have a safe and successful return to school. Our extensive experience with sports rehabilitation allows us to treat concussions at a high level. Our facility is equipped with the space and equipment necessary to simulate any sporting or recreational activity.

Cost: The cost of a baseline test is covered by most healthcare insurance plans.