

AdventHealth Sports Concussion Program



What is a concussion?

A concussion — also known as mild traumatic brain injury (mTBI) — is an injury to the brain that alters the way it functions. Concussions result from the rapid movement of the brain inside the skull that disrupts the signals of the brain, which can be caused by a direct or an indirect blow. This could be the result of a sports-related injury, or even a fall at home.

Testing and Treatment

Our unique concussion program treats the individual symptoms of the concussion to help ensure the best outcomes. Our team of sports medicine trained concussion experts are skilled in the areas of:

PHYSICAL THERAPY

Physical therapy for concussions can include vestibular (balance) rehabilitation, exertion protocol and orthopedic physical therapy.

Vestibular physical therapists treat patients using targeted interventions to address:

- Dizziness
- Unsteady balance
- Headaches
- Changes in vision

Physical therapists also use the methods below to help patients progress:

- Aerobic exercise to increase tolerance to physical activity
- Manual therapy and exercise to relieve neck pain and tightness
- Return-to-play exertion protocols, to safely return an athlete to contact activity

AUDIOLOGY

Audiologists test for and provide individual therapies to address:

- Auditory processing disorders
- Changes in hearing
- Noise sensitivity
- Tinnitus (ringing/hearing noises)
- Dizziness caused by inner ear dysfunction

SPEECH/COGNITIVE THERAPY

Speech pathologists examine disorders related to the areas below, and can refer to neuropsychology and neurology for additional testing if needed:

- Executive functions
- Memory
- Attention
- Word finding
- Comprehension
- Impulsivity
- Slow processing



Our Difference

AdventHealth's Sports Concussion Program provides a multidisciplinary approach to concussion management, including multiple treatment options to expedite safe return to learn and play. Our team provides care coordination and communication back to the referring provider.

Patient Pathway



Action Plan

According to Florida law, in order to be cleared, the patient must:

1. Return to learning and cognitive baseline or within normal limits
2. Complete exertion protocol
3. Be discharged of all medications related to the concussion
4. Be medically cleared by a physician trained in the management of concussions

For more information or to schedule an appointment at any of our multiple locations throughout Central Florida, call 407-303-6136 or email FH.Rehab.Concussions@AdventHealth.com.

AdventHealthMedicalGroup.com/Concussion

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025

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