

Performance Therapy

At Performance Therapy you'll receive one on one physical therapy in a comfortable, friendly environment.

Our mission at Performance Therapy is to provide excellent rehabilitation programs that result in improved, pain-free function. We provide patients with a state-of-the-art facility and equipment to help accomplish their rehabilitation goals. Our vision of a physical therapy clinic is patient centered and independent.

For further information on the importance of concussion safety and rehabilitation check out these websites

<http://www.knowconcussion.org/>
www.c3logix.com



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Concussion Physical Therapy



WHAT IS A CONCUSSION?

“A concussion is an injury to the brain’s cells that causes a disturbance in normal brain function. Concussion can be caused by either getting hit directly on the head or from sustaining a hit that causes the head to accelerate forward or backward. You cannot see a concussion, but you can observe the signs and symptoms. No matter the severity, a concussion is serious. Even what appears to be a mild jolt or blow to the head or body may cause stretching and tearing of brain cells, damaging the cells and creating chemical changes in the brain. These chemical changes result in physical, emotional, and cognitive symptoms.

Young athletes appear to be particularly vulnerable to the effects of concussion. They are more likely than older athletes to experience problems after concussion and often take longer to recover. Teenagers also appear to be more prone to a second injury to the brain that occurs while the brain is still healing from an initial concussion. This second impact can result in long-term impairment or even death. If concussion is suspected:

Always seek advice from a Physician and/or Certified Athletic Trainer

Never return the athlete to play the same day as the concussive injury is sustained.

How Do I Get Started with Physical Therapy?

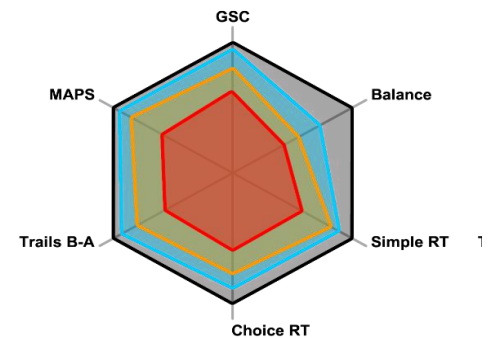
What should I expect?

Performance Therapy offers concussion evaluation including baseline and post-concussion neurocognitive testing, and post-concussion rehabilitation. The Performance Therapy staff works closely with your health care professionals using the state of the art C3 Logix software which offers a comprehensive solution to assess, manage and document concussions. With the combination of the software and expertise of the Performance Therapy staff we can determine the proper timeline for physical activity, and return to play avoiding further damage to the brain.

Concussion Therapy, Recovery and Management Includes:

- Examination of the cervical spine, and treatment for headaches, neck pain and dizziness with manual therapy and modalities (electrical stimulation, Rezzimax Pro)
- Examination of the vestibular ocular motor systems and treatment. Vestibular rehabilitation therapy target vertigo, carsickness, visual disturbances, light sensitivity, headaches, and confusion.
- Work / school accommodation recommendations for re-entry to work / school
- Return to sport guidelines
- Educate parent / athlete/child about concussion recovery

C3 Logix



The C3 Performance Polygon dramatically demonstrates a player’s road to recovery from the “incident” (red) back to baseline state (black perimeter.)

Balance Test: capture and grade traditional athletic performance measurement- in real time- through direct physical contact with a player’s sacral region.

Processing Speed Tasks: Evaluate processing speed, short-term memory, visuo-spatial scanning, and rate of learning.

Visual Acuity Test: measure static and dynamic visual acuity.

Reaction Time test: evaluate simple and choice reaction time.

Trails Test: provide standard neuropsychology testing using a 2-part “connect the dots” pattern.

Having a baseline is optimal however, if injury is sustained normative values can be used for concussion management with good results. Contact us to set up an appointment to get your baseline measurements prior to concussion for best management following injury.