



Dear Coaches and Parents,

RE: Complete Concussion Management

Statistics show that 10-30% of athletes in youth sport will suffer a concussion during their sport season. Making an appropriate diagnosis and knowing when an athlete has fully recovered is critical in managing these injuries.

McAllister Chiropractic & Massage in Oshawa is a certified Complete Concussion Management clinic, joining a nationwide group of clinics dedicated to offering the highest level of concussion care to athletes of all ages. As part of this commitment, we have implemented evidence-based multimodal baseline testing, along with guided return-to-learn, work and play protocols. Our program is designed to work in conjunction with each athlete's school, parents, trainers, coaches, and family doctors. By working together with all those involved we are able to ensure that athletes are being managed properly each and every step of the way. This type of concussion management was currently only seen in professional sports organizations with no such programs available to children and adolescent athletes...until now!

We want to work collaboratively with your organization to develop a program that protects your athletes from the potentially devastating effects of concussion!

In most cases, if managed *properly*, concussions are completely recoverable. If managed *improperly*, and the athlete is allowed to return-to-play too early, another concussion suffered during a vulnerable state can lead to the possibility of long-term consequences.

Because concussion is a functional injury, MRI's and CAT scans don't show any signs of a concussion. However, other methods such as comparison to a **multimodal baseline test**, can help us to understand if an athlete is safe to return-to-play.

Our multimodal baseline test evaluates an athletes, memory, concentration, visual processing, reaction time, balance, motor strength and neurocognitive abilities.

Knowing what an athlete is capable of in a healthy state, allows us as practitioners to make better decisions regarding recovery and when it is safe for the athlete to return to their sport after a concussion. Under our care, an athlete is not allowed to return-to-play until they are able to accurately match their baseline test scores, along with completion of a physical exertion test.

For more information please feel free to contact us at McAllister Chiropractic & Massage.

Signature

Dr. Kelly McAllister