

THE SPORTS CONCUSSION REHAB PROGRAM AT WENTWORTH-DOUGLASS HOSPITAL

OFFERS YOU:

- Prompt effective care and a customized treatment plan to accelerate return to play and academics
- High-quality care provided by a team of Rehab Professionals
- A comprehensive interdisciplinary approach toward your recovery
- Regular communication with your referring provider
- Prompt referral to local specialists as needed
- Thorough education for patients and families to better understand and manage symptoms of concussion



WHEN IS IT SAFE TO RETURN TO SPORTS AFTER A CONCUSSION?

NEVER return to play if you still experience ANY symptoms at rest or during any physical activity. Returning to play too soon can potentially be dangerous.

Sustaining another concussion while still recovering from a previous one can cause serious life-long health difficulties. Return-to-play should occur in gradual steps and under the direction of qualified professionals.

For more information, or to schedule an appointment, please call us directly at

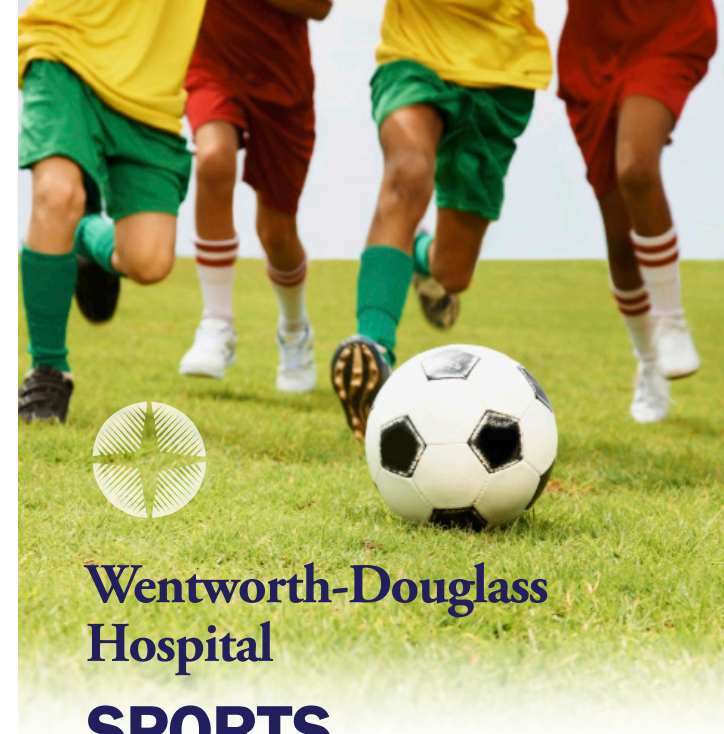
(603) 740-2101



**Wentworth-Douglass
Hospital**

Rehabilitation Services

789 Central Ave., Dover, NH 03820
603-740-2101 | www.wdhospital.com



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*Let our team
help you return
to yours!*



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WHAT IS POST-CONCUSSIVE SYNDROME?

Post-Concussive Syndrome is when concussion symptoms last for an extended period of time (beyond 21 days of injury). You may also experience other complications, such as decreased concentration, memory, and persistent headaches.

HOW TO RECOGNIZE A CONCUSSION WHEN IT OCCURS

A concussion temporarily alters an athlete's mental and physical abilities. Some athletes lose consciousness after concussion, but most do not. The most common symptoms of concussion include the following:

PHYSICAL SYMPTOMS:

- HEADACHE
- NAUSEA AND VOMITING
- DIZZINESS, LIGHT-HEADEDNESS
- LOSS OF BALANCE
- BLURRED VISION OR LIGHT SENSITIVITY
- FATIGUE AND LACK OF ENERGY
- SLEEP DIFFICULTIES

COGNITIVE SYMPTOMS:

- FEELING "FOGGY"
- DIFFICULTY WITH CONCENTRATION AND MEMORY
- FEELING LESS ORGANIZED
- SLOWED THINKING OR SPEECH

BEHAVIORAL SYMPTOMS:

- DECREASED MOTIVATION
- EASILY OVERWHELMED
- MOOD CHANGES

The Sports Concussion Rehab Program at Wentworth-Douglass Hospital will assist you and your family to recover from concussion. You will work with a team of therapists to gain knowledge, strength, and endurance to return to sport. Evaluations by an Occupational Therapist, Physical Therapist, and Speech Therapist occur separately. The team will work with you, your family, your employer and/or school to help in the recovery process.

The Sports Concussion Rehab Team's areas of focus may include:

OCCUPATIONAL THERAPY: Coordination and dexterity exercises, visual/perceptual retraining/modification, and difficulties with self-care and other daily routines.

PHYSICAL THERAPY: Mobility exercise, core exercises, vestibular/balance exercises, Balance Master training, help for dizziness and headaches, as well as musculoskeletal pain management.

SPEECH THERAPY: Cognitive-communication therapy which includes the following: attention, memory, reasoning, problem solving, executive functioning, word retrieval, pragmatics, and safety awareness. Speech Therapists also diagnose and treat swallowing problems.

In the photo above, Dr. Fred Brennan of Seacoast Orthopedics & Sports Medicine performs a post concussion evaluation for patient Nate Moore. Dr. Brennan specializes in the medical aspects of athletic care and the full scope of non-surgical musculoskeletal medicine. He has advanced training in post concussion medical care and, along with being the head physician of UNH athletics, he works closely with the Wentworth-Douglass Rehabilitation Services team.

The effects of a concussion can be subtle and may only be detected by someone experienced in recognizing the signs and symptoms of concussion.

If you would like more information about the Wentworth-Douglass Hospital Sports Concussion Rehab Program, call 603-740-2101 today.