

Concussion Q and A:

Why is it important for me to see a medical professional following a concussion?

Brain injuries can lead to negative long term effects, especially when the brain is still growing. It is important for you to be seen by a medical professional for proper treatment and care to limit further issues.



What can happen if I return to activity too soon?

If you return to activity too soon, a few things can happen. Sometimes, you can develop symptoms that last several weeks or months following the original injury because it never fully healed. In some of the worst case scenarios, second impact syndrome can occur. This syndrome occurs when you receives a fatal second hit following a concussion that did not fully healed.

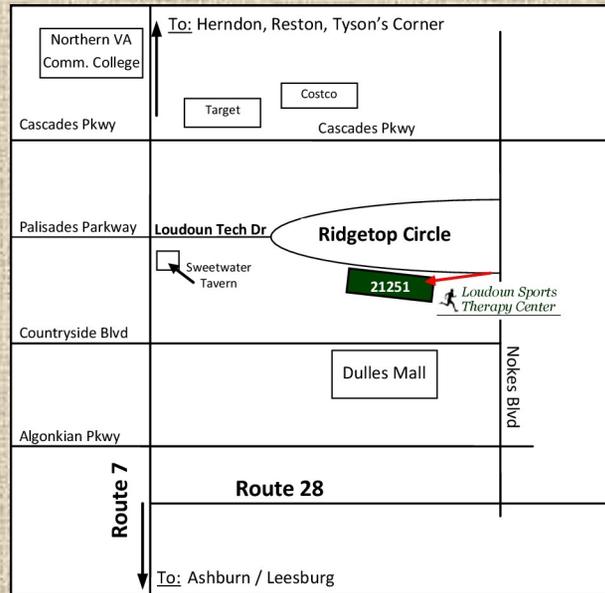
How long will it take for me to heal?

It is important to understand that everyone heals differently. Recovery time can span anywhere from a few days to months and sometimes longer.



Loudoun Sports Therapy Center

Live Life Pain Free. We get RESULTS!



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Call us today or visit our website:

www.loudounsportstherapy.com

to learn more.

**We are experts here to help you achieve
the RESULTS you want!**

Concussion Management Program



Don't let a concussion sideline you from doing what you love!

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Live life pain free with physical therapy.

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WHAT IS A CONCUSSION?

Concussions are traumatic brain injuries that alter the way the brain functions. They are caused by a direct or indirect force to the skull or brain.

WHAT ARE SOME POSSIBLE SIGNS AND SYMPTOMS?

- Loss of consciousness
- Headache
- Fatigue and lethargy
- Dizziness
- Confusion
- Difficulty walking or poor balance
- Nausea and vomiting
- Blurred vision
- Sensitivity to light or noise
- Irrational or irregular behavior
- Difficulty reading



**Don't wait!
CALL TODAY!!
703-450-4300**

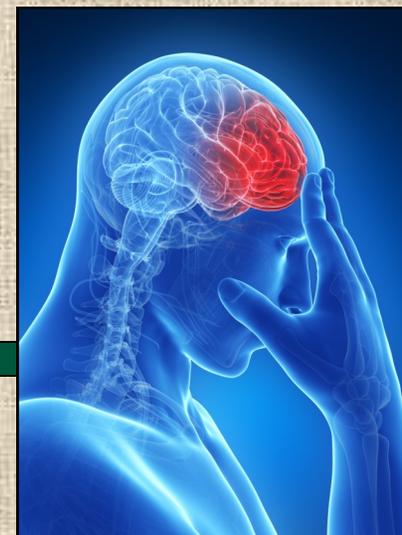
The Certified Athletic Trainers (ATCs) at Loudoun Sports Therapy center have developed a state of the art Concussion Management Program to ensure those who suffer a concussion are able to safely return to their sport or activity following a concussion.



LSTC'S PROGRAM

Our program focuses on treating and managing concussions in both the athletic and the general population. The program includes five components that are based off important concussion guidelines from current state policies.

1. Education for parents, athletes and patients as well as additional coach/team training program
2. Specific concussion rehabilitation protocols for each individual
3. Neurocognitive testing
4. Return-to-activity protocol and clearance.
5. Reporting tools provided to medical professionals, parents, and coaches.



OUR EXPERIENCE

The staff at Loudoun Sports Therapy Center has diverse experience treating individuals who have suffered from a concussion. The Certified Athletic Trainers have worked with youth, middle school, high school, and collegiate athletes. They have also participated in multiple research studies at both the Division I and Division III college levels.

For more information head to:

[http://www.loudounsportstherapy.com/
concussion-management-program/](http://www.loudounsportstherapy.com/concussion-management-program/)