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Community Organization Concussion Baseline Packages

The Health and Performance Centre strives to promote education and health in our sporting communities. The following package is priced for these unique communities utilizing a “not for profit” model.

Our Baseline Package Includes:

<p>Physiotherapy Session</p> <ul style="list-style-type: none"> • Booked with Registered Physiotherapist (20 mins) 	<ul style="list-style-type: none"> • Previous medical history • Neck Assessment • Balance Testing (Sway) • Vestibular and visual co-ordination screen
<p>ImPACT – neurocognitive computer tests</p> <ul style="list-style-type: none"> • Supervised within the clinic (~40 mins) 	<ul style="list-style-type: none"> • All players over the age of 12 • Test will be verified for validity at completion • Retests are included when necessary
<p>Parent Information</p>	<ul style="list-style-type: none"> • Nutrition Talk by a Registered Dietician <i>Information on hydration, pregame & tournament meal planning, shakes, etc.</i> • Parent Educational Info Session <i>Presented by Registered Physiotherapist on the management of concussion as well as Return to School and Play recommendations.</i>

All participants will be given:

- CanChild Return to Learn and Play Guidelines
- Step by Step management of concussions that occur during the season
- Tips on dealing with Hockey Canada and insurance requirements

Organizational Fee:

\$30/athlete

Billed to organization directly

Providing Excellence in Sport Medicine, Rehabilitation and Health Promotion.
 Physiotherapy • Sport Medicine • Massage Therapy • Chiropractic • ART • Graston • Pedorthics • Nutrition
 STEP • Osteopathy • Concussion Management