

What happens if a player does suffer a concussion?

If a player reports any of the symptoms listed on the Pocket Concussion Recognition Tool it is possible they may be suffering from a concussion

It is important to seek out medical advice as soon as possible.

1. Make an appointment to see a medical doctor, as well as a regulated health professional trained in concussion management*. *It is essential that a player's concussion be medically managed.*

*While your doctor's appointment will be covered by OHIP, please note any assessment and any follow up treatment provided by other health professionals is not covered by your organisation.

2. If a concussion is diagnosed by your doctor, the health professional will assess the athlete. Concussion education and information on how to manage the concussion will be given. Depending on the assessment findings, follow up appointments may be recommended.

Please note the following points regarding assessment and treatment at the Health and Performance Centre:

- Any assessment and treatment given by a Registered Physiotherapist is eligible for coverage under Extended Health Care Benefits. This means that it is likely to be covered by your insurance plan, *but please contact your insurance company to confirm.*
- If you do not have insurance, you can send your receipts through your sport's governing body (e.g. Hockey Canada) for reimbursement*. To do this, an Incident Injury Report must be filled out. The report must be signed by a doctor.

*Please contact the governing body for your sport to enquire about specific requirements to access insurance coverage.

Please note that even if your child has previously completed a concussion baseline assessment at the Health and Performance Centre or an Eramosa Physiotherapy Clinic, they are NOT obliged to come back to the HPC or Eramosa Physiotherapy. We do, however, recommend you choose a facility that has training in concussion management and interpretation of concussion assessment tools, including ImPACT.

Prices for Treatment

The cost of the assessment is \$115. This includes the cost of repeat testing and any education materials given. The cost of any follow-up treatment varies between \$55 for 20 minute sessions and \$135 for 1 hour sessions.

If you have further questions regarding concussions and how to manage them, we recommend going to the following websites:

- CanChild www.canchild.ca/en/diagnoses/brain-injury-concussion
- Parachute Canada www.parachutecanada.org/concussion
- Holland Bloorview www.hollandbloorview.ca
- Montreal Children's Hospital www.thechildren.com

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