

## HOW CAN LIVEWELL4LIFE INC. HELP?

LiveWell4Life Inc. can offer Baseline Testing to individuals or groups/teams, as well as education on concussions.

The management of concussions at LiveWell4Life Inc. starts with Dr. Brent O'Reilly and the staff who have experience working with patients of all ages with concussions.

Dr. O'Reilly has done advanced training with the lead physiotherapist at Parkwood Hospital in London, Ontario, which is a leader in mild traumatic brain injuries in Southwestern Ontario.

Dr. O'Reilly's rehabilitation is catered to each individual patient. The rehabilitation is exercise based to get the patient back to their normal life as quickly, but as safely as possible.

It's better to miss one game than the entire season.

**Don't just live...LIVE WELL!**



## CONCUSSION MANAGEMENT

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**DR. BRENT O'REILLY**  
CHIROPRACTOR  
CONTEMPORARY MEDICAL  
ACUPUNCTURE PROVIDER

**LiveWell4Life<sup>™</sup>**  
*fitness - nutrition - therapy*

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## WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A blow to the head or the body can cause a concussion, as it causes the brain to move rapidly inside the skull. Getting “your bell rung” a mild bump or blow to the head can be serious.

## SYMPTOMS

Symptoms of a concussion will vary depending on the severity of the injury and the person. Common signs of a concussion may include:

- Headache
- Problems with concentration and memory
- Balance issues
- Coordination problems
- Dizziness
- Ringing in the ears
- Nausea
- Vomiting
- Anxiety
- Fatigue
- Sleep Disturbances
- Sensitivity to noise and light

# C O N C U S S I O N M A N A G E M E N T

## WHAT SHOULD A COACH DO WHEN A CONCUSSION IS SUSPECTED?

### 1. *Remove the athlete from play.*

- Look for the common signs and symptoms of a concussion
- If there are signs or symptoms the athlete should not be allowed to return to play

### 2. *Ensure that the athlete is evaluated right away by an appropriate health care professional.*

- Health care professionals (Medical Doctors, Chiropractors, Physiotherapist and Nurse Practitioners) have a number of methods to evaluate the severity of a concussion

### 3. *Inform the athlete’s parents or guardians about the possible concussion.*

- Make sure they know the athlete should be seen by a health care professional experienced in evaluating concussions

### 4. *Allow the athlete to return to play only with permission from a health care professional with experience in evaluating for concussion.*

- A repeat concussion before the brain recovers from the first can slow recovery and increase the likelihood of long-term problems.
- Hockey Canada has granted Medical Doctors, Chiropractors, Physiotherapists and Nurse Practitioners the privilege of signing off on return to activity forms.

