



Your concussion rehabilitation provider of choice

Throughout the United States, it is estimated that nearly four million concussions occur each year.

RUSH Physical Therapy's comprehensive Concussion Rehabilitation Program offers specially trained experts who provide individualized concussion evaluations and rehabilitation programs for children and adults. Research shows that physical therapy is able to improve headaches, vision, balance, dizziness and mood post-concussion.

Our concussions:

- + Are kept up-to-date using the Berlin Guidelines, the world's foremost authority on concussion management.
- + Perform a comprehensive examination, including a multi-system assessment using exertional, ocular-visual, vestibular and cervical evaluation components that stratifies patients into 'individualized' treatment plans.
- + Determine if post-acute symptoms are originating from the physiology of the concussion, ocular or vestibular systems, cervical pathology, anxiety and/or migraine influences.
- + Utilize clinical trajectories to address objective abnormalities found upon examination with realistic outcome parameters and timeframes.
- + Create a complete and individualized rehabilitation program, from acute injury to full return-to-play/work.

- + Have access to and trained knowledge of computer-based neuro-cognitive and neuro-motor testing/treatment tools, including ImPACT®.
- + Provide detail communication with key health care providers to assist in making and supporting appropriate medico-legal decisions.

Our treatment strategies include:

Physiologic: Buffalo Treadmill Testing – Sub-threshold/ Sub-symptom exertion programs

Ocular: Binocular Fusion – Pencil push-ups, jump convergence, Brock string, saccadic movements, progression of far/near training

Vestibular: Vestibular Rehabilitation – Adaptation/X1/X2 viewing exercises, habituation exercises, somatosensory re-training, BPPV repositioning maneuvers, gait and balance treatments

Visual Vertigo: Optokinetic Stimulation, 3PD

Cervical: Assessment and treatment of musculoskeletal abnormalities

We want to ensure the best care and protocols possible when an individual suffers a concussion. Let us help you get your patient back to work, athletics and daily life.

 **RUSH**
Physical Therapy

rushpt.com | 

Contact our Injury Hotline with Questions:

injuryhotline@rushpt.com
rushpt.com

