



**Course title:** Diagnosis, Evaluation, and Management of Concussions for the Physical Therapist and Athletic Trainer: Bringing Practical Evidence into Practice

### **Course Schedule**

7:30 am- Check in and registration

8:00 am-8:05 am- Introduction and objectives

8:05 am- 8:10 am- Statistics and background information

8:10 am-8:20 am- Mechanism of injury, epidemiology, neurometabolic cascade

8:20 am- 8:25 am- Signs and symptoms of concussion

8:25 am-8:30 am- Who is at risk?

8:30 am-8:40 am- Sideline evaluation and immediate diagnosis/recognition/referral

8:40 am-9:00 am- Lab for sideline evaluation

9:00 am-9:15 am- Neurocognitive testing

9:15 am-9:25 am- Initial management of a concussion

9:25 am-9:50 am- Recovery in children versus adults, protracted recovery

9:50 am-10:00 am- Post-concussion syndrome

10:00 am-10:10 am- Break

10:10 am-10:40 am- Return to school and work, school and work modifications

10:40 am-11:10 am- Return to play considerations

11:10 am-11:55 am- Lab for return to school, work, athletics

11:55 am-12:00 pm- Questions from AM session

12:00 pm- 1:00 pm- Lunch

1:00 pm-1:10 pm- How can PT help in concussion management

1:10 pm-1:20 pm- Concussion prevention, awareness, and education strategies

1:20 pm-1:40 pm- Concussion prevention, awareness, and education lab

1:40 pm-1:50 pm- Adult/geriatric considerations

1:50 pm-2:00 pm- Case studies

2:00 pm-3:00 pm- Physical Therapy evaluation and management (initial evaluation questions, red flags, medication usage, medical history, use of Post-Concussion Symptom Scale, evaluation and assessment of deficits, vestibular evaluation, musculoskeletal evaluation, manual therapy for upper cervical spine dysfunction, functional testing for athletes, functional testing for work function, Exercise Testing, sensory evaluation, oculomotor evaluation, assessment of memory)

3:00 pm-3:10 pm- Break

3:10 pm-4:00 pm- Physical Therapy evaluation and management lab

4:00 pm-4:10 pm- Identification of other pathologies/differential diagnosis including cervicogenic disorder, BPPV, POTS, central pathology, situations in which referral is appropriate

4:10 pm-4:30pm- Examination and evaluation of visual difficulties and management for the Physical Therapist

4:30 pm-4:45 pm- Visual therapy for the Physical Therapist lab

4:45 pm-4:55 pm- Case studies, additional resources, and conclusion

4:55 pm-5:00 pm- Questions