

ORTHOPEDIC ONE

CONCUSSION CARE & RESOURCES

Partners In Your Care...

Orthopedic ONE works closely with many physicians across central Ohio who specialize in the treatment and management of concussions. If you experience a concussion which requires further evaluation, we can help you find the right specialist.

In many cases your Athletic Trainer or Physical Therapist can work directly with the specialist to provide a copy of your SCAT3 and to communicate your progress through the return to play process.

- 1** Ohio Health Sports Medicine
Two Central Ohio Locations:
Columbus • Grove City
Contact: 614.566.3810
- 2** Mount Carmel Sports Medicine Specialists
3779 Trueman Court
Hilliard, Ohio 43026
Contact: 614.527.2322
- 3** Max Sports Med
Six Central Ohio Locations:
Columbus • Delaware • Dublin
Hilliard • Pickerington • Westerville
Contact: www.maxsportscenter.com
- 4** Central Ohio Primary Care Physicians North
Joseph G. Jacko, M.D.
4885 Olentangy River Road #2-50
Columbus, Ohio 43214
Contact: 614.451.1551
- 5** Nationwide Children's Hospital
Concussion Clinic
Five Central Ohio Locations:
Downtown Columbus • East Columbus
Canal Winchester • Dublin • Westerville
Contact: 614.722.6200



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WHAT IS A CONCUSSION?

A concussion is a disturbance in brain function caused by a direct or indirect force to the head. It results in a variety of non-specific signs and/or symptoms (some examples listed below) and most often does not involve loss of consciousness. Concussion should be suspected in the presence of any one or more of the following:

- Symptoms (e.g., headache), or
- Physical signs (e.g., unsteadiness), or
- Impaired brain function (e.g. confusion) or
- Abnormal behavior (e.g., change in personality).

WHAT TO EXPECT?

The certified Athletic Trainer on site will evaluate the athlete to determine if they sustained a concussion. According to Ohio law, any athlete suspected of sustaining a concussion, or exhibiting concussion like symptoms will not be allowed to return to participation that day. Our certified Athletic Trainers will perform standardized testing in order to help determine the extent and nature of the concussion. This initial post injury assessment, along with any baseline testing, will aide in the return to play progression. Baseline testing utilizing the SCAT 3 concussion inventory is available to those clubs and organizations that we provide sports medicine coverage.

Any athlete suspected of sustaining a concussion will be given instructions on how to manage their symptoms, and how to return to activity by following standard return to play guidelines, which are based on symptom responses to graded increase in activity. In some cases a referral to a physician that specializes in concussion management will be required. Orthopedic ONE works with various specialist groups to care for our athletes requiring a referral.



SPORTS MEDICINE