

“Challenging Athletes Through Functional Rehab... Can we Decrease Re-Injury Risk by Adding Dual Task?”

Domain II – Examination, Assessment and Diagnosis

Domain IV – Therapeutic Intervention

Skill Level: Advanced

Athletes post-concussion injury may present with multi-factorial symptoms and recent evidence has shown that a multidisciplinary approach to evaluation and treatment is effective. Active rehab is key following the clinical trajectory model of aerobic, cervical, and vestibular ocular interventions related to functional activities required by sport. This session will be hands on focusing on evaluation of dual tasking, reaction time and return to sport evaluation to design functional interventions related to sport activities the athlete must perform when returning to play. The Concussion Clinical Trajectory Profile Screening Tool (CCPST) will be used to early identify areas of interventional focus and principles of neuroplasticity will be applied when designing interventions specific to sport requirements.

Learning Objectives

1. Utilize the Concussion Clinical Profile Screening Tool to early identify areas to target of rehabilitation strategies post concussion
2. Discuss theories of increased lower extremity injury risk following concussion.
3. Administer dual task and reaction time evaluation techniques to assist in identifying residual deficits associated with risk of future lower extremity injury following concussion
4. Design functional interventional strategies specific to sport requirements athlete needs for full return to activity.