

### TIP OF THE MONTH



#### What We Know About Concussions is Changing:

As concussion research continues, we have learned that a few of the things we have held as truth is not entirely accurate. This includes the belief that a person with a concussion should not be allowed to sleep for long periods of time. So, let's take a look at what concussion treatment involves and some truths.

1. Medical professionals with "up-to-date" education on concussions will not use the historic grading scale. The grading scale has been abandoned in favor of a symptom-based, multi-faceted approach to concussion management that emphasizes the use of objective assessment tools aimed at capturing the spectrum of clinical signs and symptoms, cognitive dysfunction and physical deficits, and a symptom-limited, graduated exercise protocol leading to a return to play.
2. Approximately 90% of concussions are NOT accompanied with loss of consciousness.
3. Conventional CT or MRI scans will not diagnose a concussion and are not needed or recommended for the vast majority of sport related concussions. While these types of neuroimaging are crucial in the diagnosis of intercranial hemorrhaging and detecting brain lesions, approximately 78% of concussions will have normal scans.
4. Concussions can occur with any movement or jostling of the head as in whiplash injuries or rotational force, causing injury to the brain.
5. Traumatic brain injury is an evolving process at the microscopic level of the brain. Chemical and metabolic changes occur for days, weeks to months after impact. That is why it is important to prevent any additional concussions and avoid a second impact syndrome during this time period.
6. Encourage plenty of rest with uninterrupted sleep. Since fatigue and drowsiness are common symptoms associated with concussions, sufficient sleep will allow the brain to heal and is necessary for recovery.
7. Studies show a higher probability in female vs. male athletes. This is likely due to their genetic make-up and the fact that women are more likely to self-report symptoms vs their male counterparts.
8. Due to their continued brain development at these ages, children and adolescents actually recover more slowly.
9. Evidence shows that protective equipment such as helmets, mouth guards and other protective devices may lower risk but no equipment eliminates the risk of concussion.

The first step to treating a concussion is to seek medical help. Your health care provider is knowledgeable and can help you or your child return to work or sport safely. For more information about the signs and symptoms associated with a concussion, [click here](#).



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***"Education is the most powerful weapon which you can use to change the world"***

— Nelson Mandela

## TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

**We will ensure that they will receive great care and have a positive therapy experience with us!**

## A RECIPE FOR YOU

### Easy Pasta Salad

If you're looking for an easy meal that won't keep you in the kitchen, this is it! This pasta salad works great as a side or you can add chicken and have it as a main course. Either way, it's delicious!



#### Ingredients:

- 1 pkg Buitoni whole wheat pasta
- 1.5 cup frozen green peas

- 2 tablespoons roasted red pepper, diced
- ¼ cup grape tomatoes
- ¼ cup feta

Sauce:

- 3 dashes red wine vinegar
- 1.5 tablespoons prepared pesto (i.e. Buitoni)
- A pinch of salt
- Pepper and garlic powder to taste

#### Directions:

1. Boil the water for your pasta; cook until al dente
2. Remove pasta with a slotted spoon
3. Add the frozen peas
4. Cook peas just long enough to thaw. Drain
5. Meanwhile, make the sauce. Mix all sauce ingredients together in a medium bowl with a whisk
6. Add feta, tomatoes and red pepper - mix well
7. Mix the pasta and peas into the sauce
8. Serve warm and enjoy!