

### CONCUSSION CLINIC: EARLY INTERVENTION FOR MILD TRAUMATIC BRAIN INJURY

NL Balance & Dizziness Centre is pleased to announce the launch of a dedicated private Concussion Clinic.

The NL Balance & Dizziness Centre Concussion Clinic provides early assessment of your rehabilitation needs and treatment services for those who have experienced a concussion or mild traumatic brain injury.

The Concussion Clinic consists of a team of licensed health care professionals including a physiotherapist, an occupational therapist, a psychologist, counsellor, and a neurologist who help you manage your symptoms and speed your recovery.

A referral from your doctor is required in order to access the program. Referral forms are found on our website. Completed forms can be faxed to the Concussion Clinic. The clinic provides services to any individual who has experienced a concussion preferably within three or four weeks after the injury if symptoms are persisting.

The NL Balance & Dizziness Concussion Clinic follows best practice standards based on clinical research and evidence for concussion and mild traumatic brain injury management. Compartmentalized and fragmented treatment extends timelines, ultimately leading to less successful outcomes, extended time away from work and prolonged recovery and suffering for the concussed individual.

Each team member plays an important role in addressing the symptoms the injured child, adult or athlete maybe experiencing. The psychology and counselling team addresses cognitive complaints and emotional distress with coping with a concussion. The physiotherapy team addresses balance, dizziness, eye-hand coordination, return to exercise or sport and any injuries to the neck or body. The occupational therapist addresses everyday leisure, work and functional activities and communicates with your legal, work, school and insurance team. The general practitioner, nurse practitioner and/or neurologist will address structural brain or spine injuries, headaches, seizures, and sleep and depression symptoms. Medical clearance on decisions regarding return to learn, work and play will also be addressed. The physician will also order any further tests or make referrals to specialists if indicated.

Initial assessments at the clinic are generally booked over the course of 1 or 2 days and take approximately 2-4 hours depending on your symptoms.

Your private health plan, or third party coverage, may cover or reimburse you for some of the Concussion Clinic assessment fees. NL Balance & Dizziness Centre does direct bill to most insurance companies. Please check your coverage with your service provider, as every plan is different.

Should you have any further questions or to book an assessment at the Concussion Clinic please contact us at 709-700-1474 or visit our website at [www.nlbalance.com](http://www.nlbalance.com) to download a Concussion Clinic Referral Form.