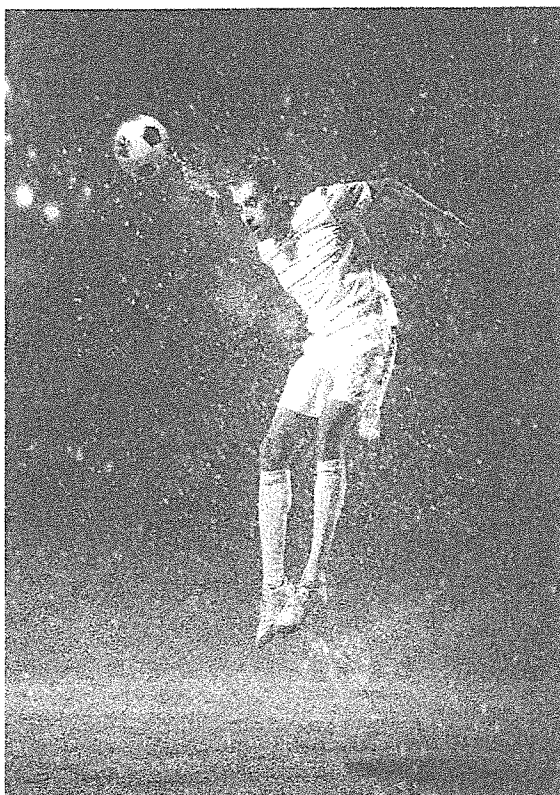


HUNTERDON NEUROLOGY AND HUNTERDON ORTHOPAEDIC INSTITUTE

COMPREHENSIVE CONCUSSION MANAGEMENT PROGRAM



- Education
- Prevention
- Pre-Season Baseline ImpACT® testing
- Comprehensive Management following concussion (Mild Traumatic Brain Injury)
- Safe return to activities



HUNTERDON
ORTHOPAEDIC
INSTITUTE P.A.
LIVE LIFE BETTER

www.hunterdonortho.com

OFFICE LOCATION:
8100 WESCOTT DR., SUITE 101
FLEMINGTON, NJ 08822

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COMPREHENSIVE CONCUSSION MANAGEMENT PROGRAM

Hunterdon Neurology and Hunterdon Orthopaedic Institute are pleased to provide a comprehensive program for the prevention and treatment of concussions (also called mild traumatic brain injuries). This program has been tailored for the middle school, high school, or traveling team. The components of this program include:

EDUCATION AND PREVENTION – Our staff is available to provide education about concussions, including the latest evidence-based information regarding prevention and treatment. This can be accomplished through informal discussions with trainers, coaches, and parents, or through formal lectures to the team.

PRE-SEASON BASELINE ImPACT® TESTING –

The ImPACT® test is a computer-based examination which can help to assess the cognitive functioning of the athlete. It was developed by ImPACT® Applications Inc., based in Pittsburgh, PA, and is the most widely used and scientifically validated tool currently available to monitor brain recovery after an injury.



ImPACT®

Essential to its proper usefulness is having the athlete obtain a baseline test in the pre-season, prior to any injuries.

INJURY EVALUATION – If one of your athletes sustains a brain injury, or if you even suspect that he or she has sustained an injury, our team is available to you at all times for consultation and treatment. On weekends and in the evenings, one of our staff is always available by telephone for initial advice. At times, immediate evaluation in an Urgent Care or Emergency Room will be recommended if the injury occurs off-hours. Most injuries can be initially treated in our office, and same-day appointments will be available for a full clinical evaluation with one of our specialists. If needed, MRI is available at our facility.

RETURN TO ACTIVITIES – Our team will supervise and coordinate the athlete's recovery and a safe return to normal activities – school work, home activities, and eventually back to sports. A graduated return to exercise program will be based on resolution of symptoms, clinical examinations, and follow-up ImPACT® testing. Parents, teachers, trainers, and coaches will all be kept informed, as needed, and with the parents permission, to help with the athlete's recovery.

TO ENROLL YOUR TEAM IN OUR PROGRAM, PLEASE CONTACT:

(908) 782-0600

PRIMARY CONTACT: SUSAN MORE x2271,

SMORE@HUNTERDONORTHO.COM

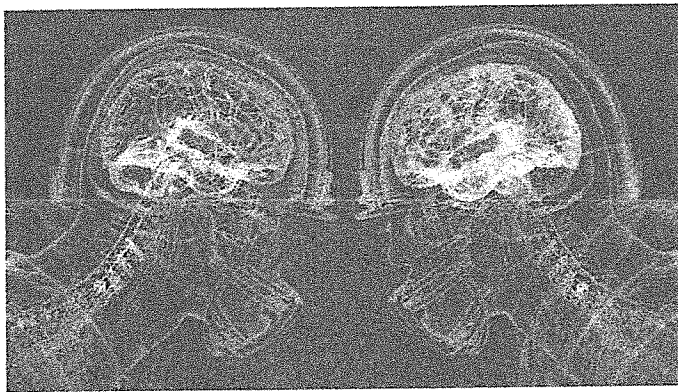
SECONDARY CONTACT: Ms. DONARUMA x2255

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CONCUSSION

Concussion or mild traumatic brain injury (MTBI) is a pathophysiological process affecting the brain caused by a direct or indirect blow to the head. Common features include:

- Rapid onset of usually short-lived neurological impairment, which typically resolves spontaneously
- Clinical symptoms that usually reflect a functional brain disturbance rather than structural injury. CT and MRI tests are typically negative.
- A range of clinical symptoms that may or may not involve loss of consciousness. Common symptoms include headache, nausea and/or vomiting, balance problems or dizziness, sensitivity to light or sound, feeling sluggish or foggy, difficulty with concentration or short-term memory, irritability, anxiety, and sleep disturbance.



The U.S. Centers for Disease Control and Prevention (CDC) estimated the annual sports-related concussion incidence to be between 1.6 and 3.8 million. As a result of the increasing incidence, many national programs, including the CDC's "Heads Up" program have been developed to raise concussion awareness among coaches, athletes, and parents.

The management of sports-related concussion continues to evolve. Most professional sports organizations and the NCAA now have established policies for concussion management. In New Jersey, the State Interscholastic Athletic Association developed a policy in 2010 that gives specific recommendations for the high schools. Many of the principles of these policies have trickled down to the younger athletes and the travel leagues, although the basic protocols do have to be modified somewhat with younger athletes. Certainly having a unified approach has allowed less confusion for parents and better care for the younger athletes. The goal of our program is to provide a comprehensive program for all levels of athletes.



Our Flemington office

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