








## COMPLETE CONCUSSIONS

- ✓ **Concussion Education**
- ✓ **Policies & Protocols**
- ✓ **Injury Tracking Technology**
- ✓ **Evidence-Based Care**



# There are multiple challenges that exist for sporting organizations around the management of concussions.

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-  Increasing responsibilities of organizations around concussion practices
-  Developing and maintaining a best practice concussion policy
-  Maintaining up to date and consistent training for coaches and staff
-  Ensuring proper reporting and documentation
-  Maintaining consistent lines of communication
-  Compliance with changing legislation
-  Liability protection

## COMPLETE CONCUSSIONS

# The concussion management solution for your organization.



### BRONZE PACKAGE

#### Simple Solutions.

- ✓ Concussion Policy Development
- ✓ Concussion Training For All Coaches & Staff
- ✓ Access to Complete Concussions Clinical Care Network



### SILVER PACKAGE

#### Digital Solutions.

- ✓ Concussion Policy Development
- ✓ Concussion Resources for Parents, Coaches, & Staff
- ✓ Concussion Training for All Coaches & Staff
- ✓ Access to Complete Concussions Clinical Care Network
- ✓ Concussion Reporting, Documentation, & Compliance Tools



### GOLD PACKAGE

#### Clinical Solutions.

- ✓ Concussion Policy Development
- ✓ Concussion Resources for Parents, Coaches, & Staff
- ✓ Concussion Training for All Coaches & Staff
- ✓ Access to Complete Concussions Clinical Care Network
- ✓ Concussion Reporting, Documentation, & Compliance Tools
- ✓ Comprehensive Concussion Baseline Testing for all Athletes

# Concussions remain a significant issue across the sporting landscape.

Concussions are one of the most prevalent injuries in sport, and can have a serious impact on a developing brain.

Research shows that one concussion is not associated with any serious long-term impact; however, a second concussion prior to full recovery from the first has shown to cause potentially permanent, or even fatal brain damage.

This means that concussions are not necessarily the problem. The current issue is the improper management of a concussion. In fact, concussions are treatable and often result in full recovery.

Despite the prevalence of these injuries, most healthcare practitioners do not have specific concussion training, and the topic is not generally covered in medical and allied health curriculums.



Up to 30% of high-risk athletes receive a concussion each season.



50% of concussions in sport are not recognized or reported.



Mismanaged concussions can cause permanent or long-lasting issues.



Concussion management is not extensively covered in medical and allied healthcare curriculums.

# Program & policy development is a high priority For all sport associations.

Concussions cannot be fully prevented, but education and training as well as prompt and appropriate management can better protect the health and well-being of your athletes, and potentially reduce the amount of playing time missed from subsequent concussions.

As part of our commitment to concussion care and athletes around the world, we develop and implement evidence-based concussion management programs for amateur and professional sports associations.

These programs are customized to further enhance your current policies to help improve athlete safety, and mitigate risk and liability on your organization.

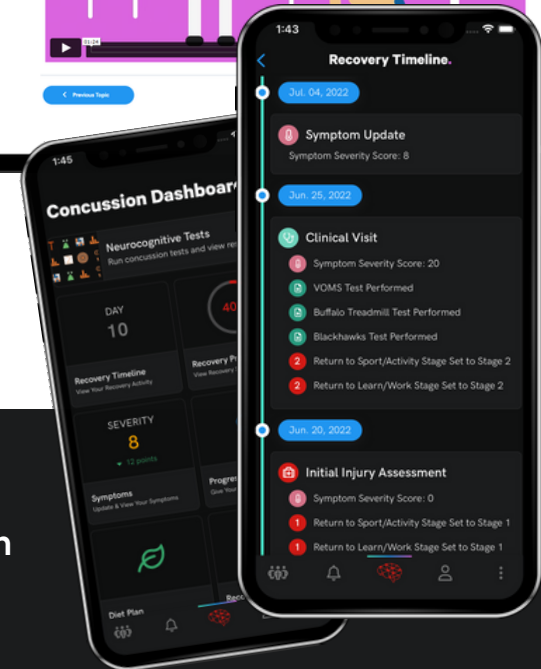
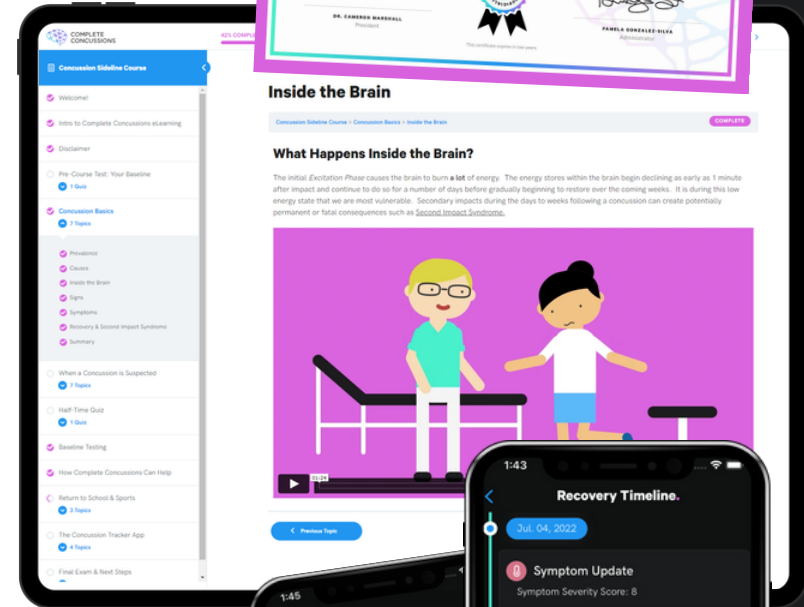


# Having coaches & trainers educated on concussion management is key.

## CONCUSSION SIDELINE COURSE

The online Concussion Sideline Course is designed to equip those on the front-lines – coaches, trainers, teachers and parents – with an understanding of what a concussion is; how to recognize them; initial steps to take; and how to assist in safely managing a concussed athlete back into the classroom and sporting environment.

Identifying concussions and informing the appropriate healthcare practitioners is often the first step towards effective concussion care, athlete safety and faster recovery.



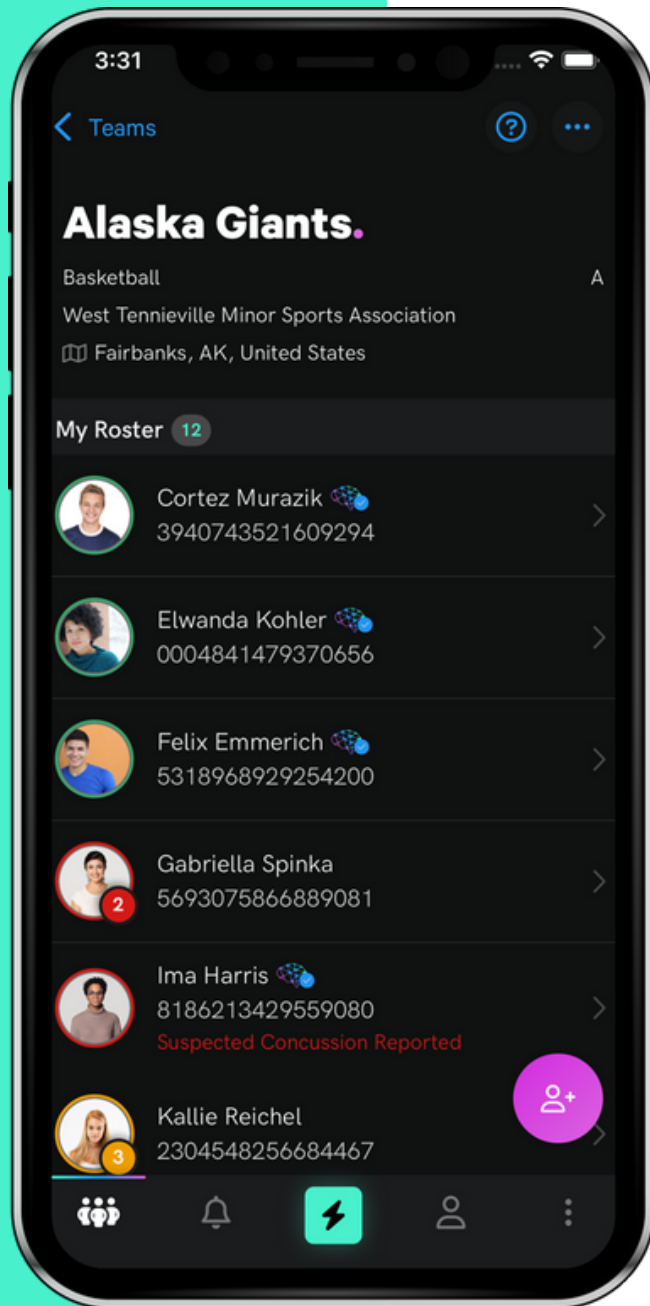
6-Module online training course (1 hour)



Certificate of Completion



Access to Concussion Tracker App



# Digital Solutions Improve Real Time Communication In Concussion Care.

## CONCUSSION TRACKER APP

### Improve Communication & Fast-Track Appointments

The Concussion Tracker App allows coaches, trainers and teachers to track the Return to Learn and Play status of an athlete. At each stage, you can view a list of prescribed practice drills and exercises as well as restrictions.

Should there be a suspected concussion, coaches, trainers and team support staff can use the app to administer an assessment, and report the injury directly to a recognized Complete Concussions clinic.

## MONITOR THE RECOVERY STATUS OF YOUR ATHLETES

- GREEN** Cleared to Play
- YELLOW** Cleared to Practice
- RED** Suspected/Confirmed Concussion

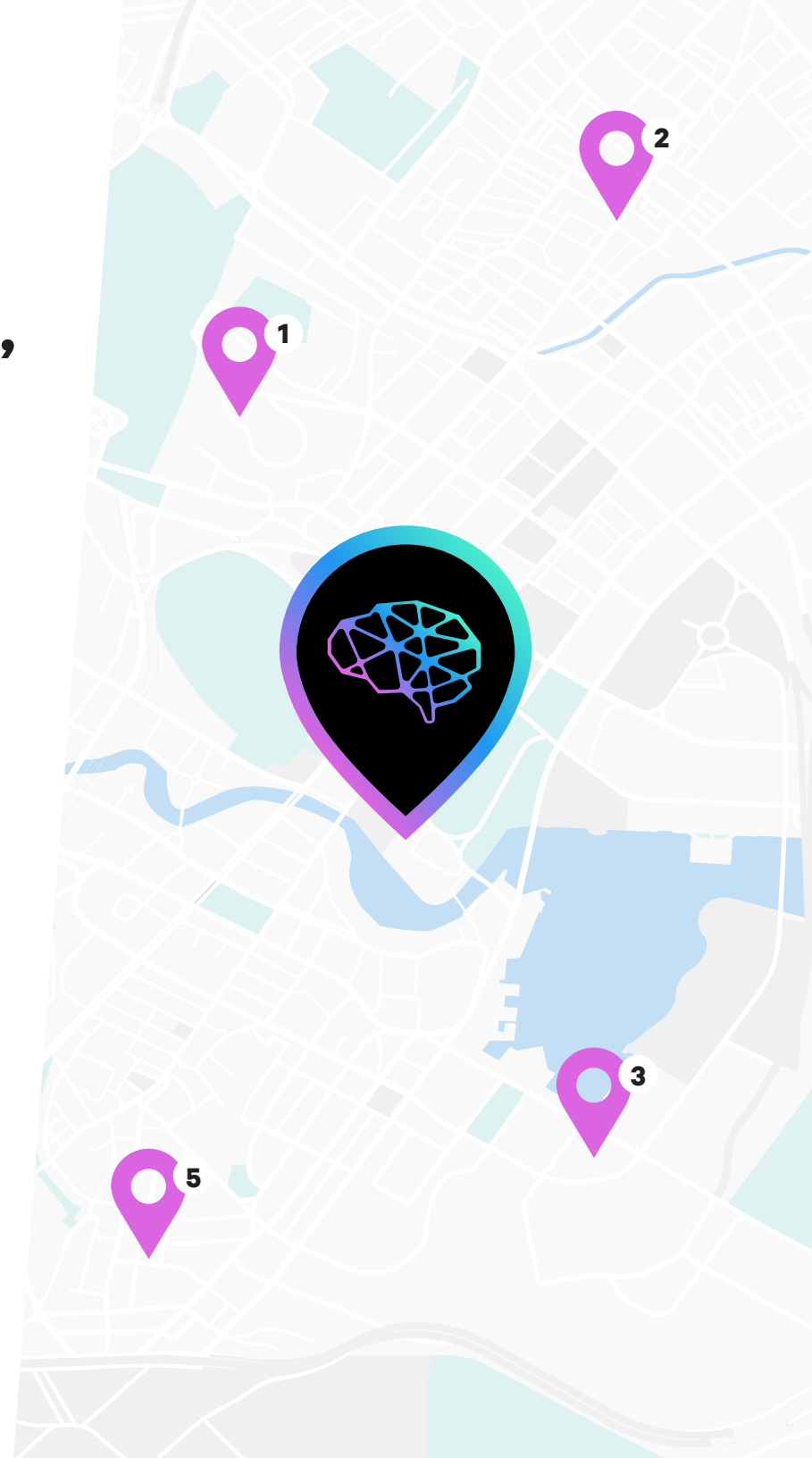
# A multi-disciplinary concussion care network provides accessible and timely access to management, keeping athletes safe.

## ACCESSIBLE & CONVENIENT

Complete Concussions provides access to trained healthcare practitioners and clinics equipped to appropriately manage concussions. We likely have a location in your area, and most patients are seen within 24 to 48 hours.

Our clinics offer standardized testing, assessment and treatment.

Athletes' baseline test results and concussion medical files are accessible through our network of clinics to ensure that concussions are appropriately managed at any Complete Concussions location – on the road or at home!





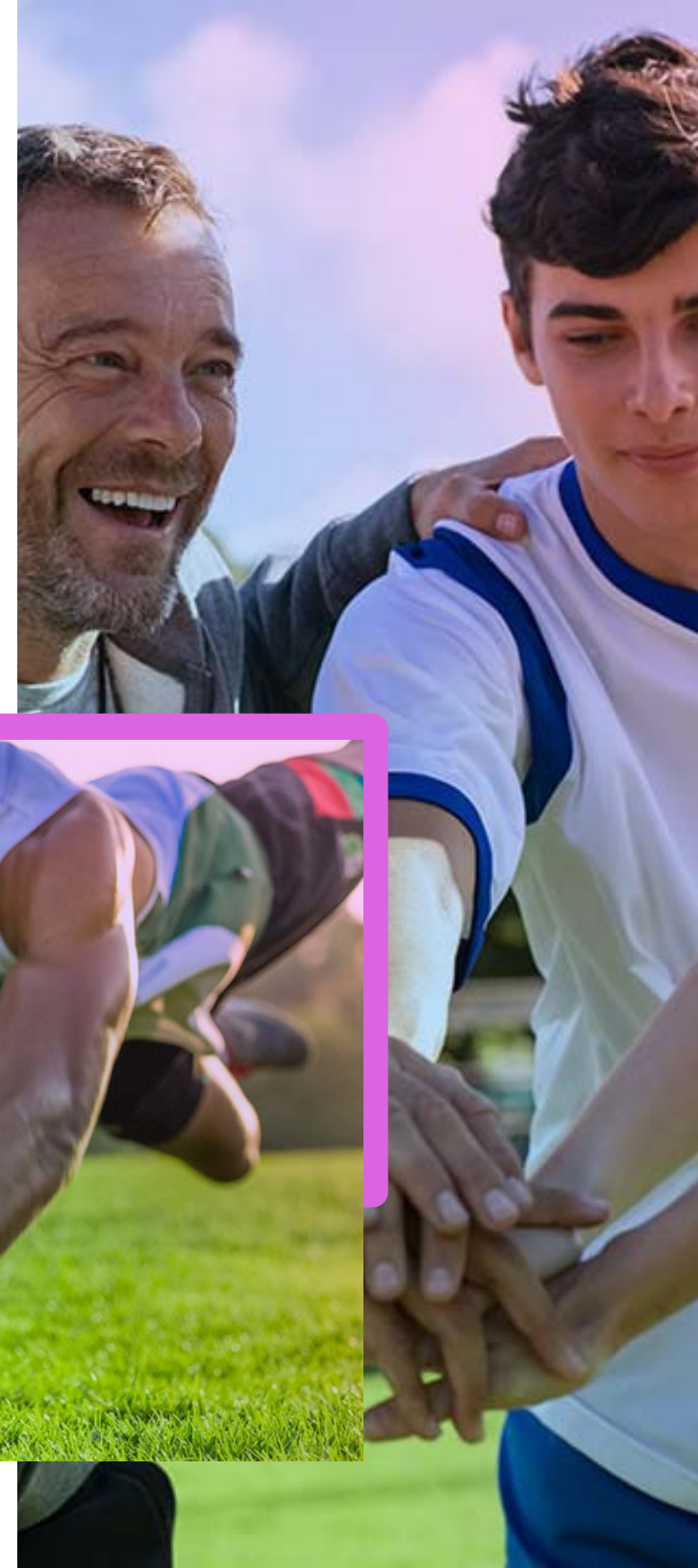
## **Baseline Testing provides objective measures for medical staff to assist in clinical decision making.**

### **TAKE THE GUESS WORK OUT OF RETURN TO PLAY**

Multimodal baseline testing is a series of physical and cognitive tests designed to provide a pre-injury overview of healthy brain function. These tests can provide healthcare practitioners with an objective benchmark on which to compare should an athlete sustain a concussion.

### **THE COMPLETE CONCUSSIONS TESTING PROTOCOL INCLUDES:**

- ✓ Concussion & Medical History
- ✓ Symptom Score
- ✓ Orientation
- ✓ Auditory Memory
- ✓ Concentration
- ✓ Visual Tracking & Processing Speed
- ✓ Balance (sideline measure)
- ✓ Balance (force plate & postural sway)
- ✓ Reaction Time
- ✓ Strength & Motor Performance
- ✓ Delayed Recall
- ✓ Neurocognitive Testing (ages 13+)

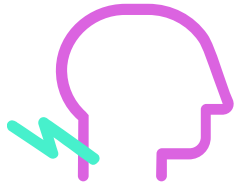


# Concussion management incorporates Individualized Treatment and Guided Return to Sport.

## GET ATHLETES BETTER, FASTER!

Rest is no longer considered the best approach to concussion care. Research suggests that early intervention of various therapies can significantly improve recovery. With a thorough assessment and the right approach from a trained healthcare practitioner, Complete Concussions can help athletes safely Return to Learn, Work and Play.

## Complete Concussions therapies may include:



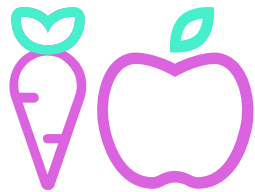
Whiplash Therapy



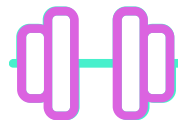
Vestibular Rehabilitation



Visual Rehabilitation



Diet & Nutrition



Exercise Therapy



Education & Reassurance

# Guided Return to Learn, Work & Play.

## THE RIGHT STEPS AT THE RIGHT TIME

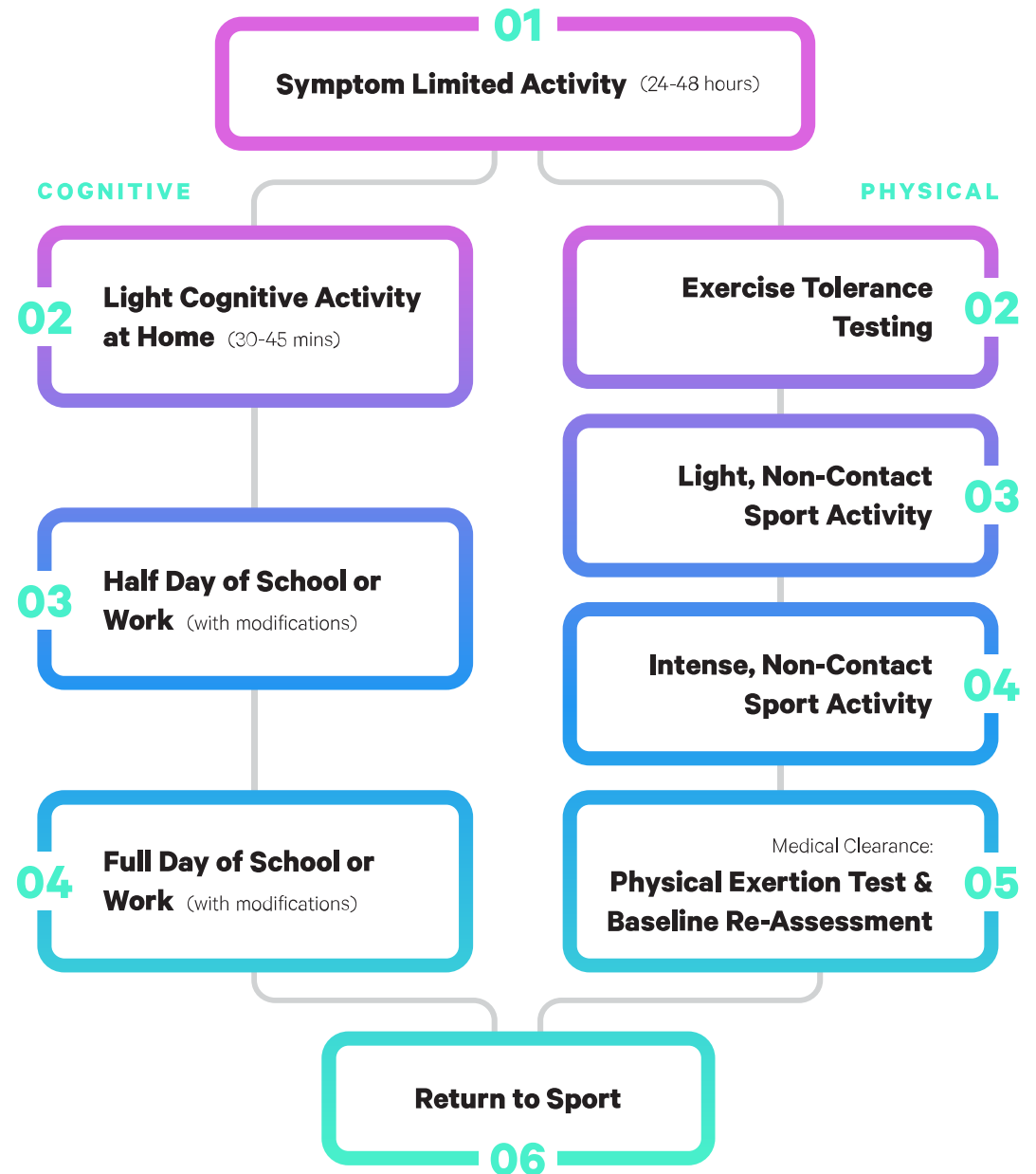
We utilize the standard Return to Play strategies that all national sport governing bodies currently recommend.

In addition, because most athletes also participate in school and/or work, we include Return to Learn and Work procedures to enhance your concussion protocol and ensure appropriate recovery in all aspects of life.



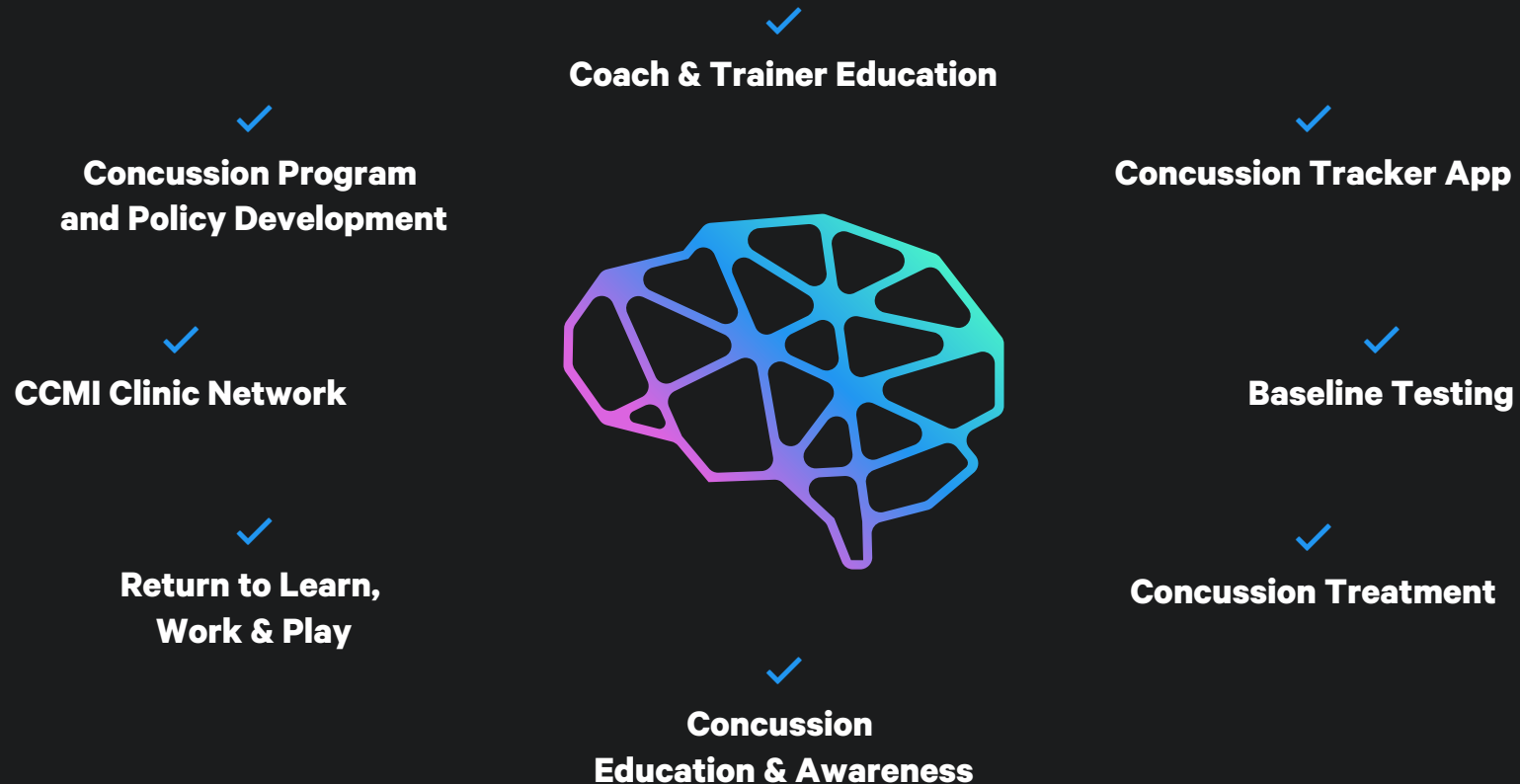
Each stage must be separated by at least 24 hours.

If symptoms occur at any stage, the athlete must return to the previous stage.



# The Complete Concussions Solution.

EVIDENCE-BASED CONCUSSION CARE



From initial pre-season baseline testing to concussion treatment and rehabilitation, Complete Concussions practitioners are trained to provide standardized healthcare solutions to effectively manage concussions, and ensure athletes safely Return to Learn, Work and Play.

## Our Medical Advisory Board.

Complete Concussions is a concussion research organization and care network that provides comprehensive education and training to multi-disciplinary healthcare practitioners. From initial pre-season baseline testing to concussion treatment and rehabilitation, Complete Concussions practitioners are trained to provide standardized healthcare solutions to effectively manage concussions, and ensure athletes safely Return to Learn, Work and Play.



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SPORTS MEDICINE PHYSICIAN



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**Dr. Cameron Marshall**  
SPORTS CHIROPRACTOR



**Dr. Paul Hrkal**  
NATUROPATHIC DOCTOR



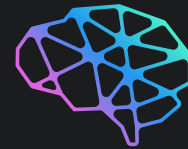
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