

## Sport Concussion Program

At TRIA, we know the impact concussions can have on your quality of life. Our goal is to help you return to academic, social and physical activities as safely and quickly as possible. Our program is designed for athletes from youth to professional levels (ages of 5 to 60).

### Personalized care

We understand no two concussions are alike. Our team of physicians, neuropsychologists, physical therapists and athletic trainers work together to develop individualized treatment plans. We'll communicate your treatment plan with your athletic and school personnel.

### Sport concussion evaluations

An evaluation starts with a comprehensive clinical interview to understand your history, symptoms and recovery trajectory. Physical and neurological exams assess your vestibular and ocular motor functioning, balance and coordination. Computerized neurocognitive testing helps determine injury subtype, prognosis and specific treatment protocols.

### Specialized treatments

**Neuropsychology** identifies cognitive deficits and treatment needs.

**Vestibular and ocular motor therapy** address dizziness, balance and visual concerns.

**Cervical spine and pain management** treats neck pain associated with dizziness, headaches and restricted range of motion.

**Medication management** addresses headaches, dizziness, sleep disturbance and changes in mood.

**Physical exertion training and return to sport progression** ensure a safe return to activity through sport specific return-to-play protocols.

**Integrative medicine** helps headaches, anxiety, sleep regulation and stress management.

**Behavioral ophthalmology and vision therapy** treats frontal headaches, blurred and double vision, and tiredness with difficulties reading and focusing.

**Psychology** addresses mood and behavioral concerns due to neuro-chemical changes and stress.

### Appointments

Call **952-831-8742** to schedule an appointment. Call our Sport Concussion Team at **952-977-0467** for more information or to schedule ImPACT testing.