Management of Post-Concussion Syndrome

Approved for 3.2 CATA CEU credits

The second of three R2P courses:

R2P Management of Post-Concussion Syndrome teaches how to differentiate cervical, vestibular, visual, mental health, and autonomic causes of persistent post-concussion symptoms. Course participants will learn how to prioritize treatment using an evidence-based series of algorithms and the R2P SCORE. Whether you are an experienced therapist, or new to practice, learn to integrate current evidence and clinical reasoning to solidify your skills in the context of concussion.

Consolidate learning through hands-on practice and small group case studies.

This course is appropriate for Physiotherapists, Athletic Therapists, Chiropractors, Occupational Therapists, Kinesiologists, and Physicians. Skills learned can immediately be applied in clinical practice.

R2P Management of Acute Concussion offers a systematic and objective approach to diagnosing and managing concussion in the first few weeks

after injury. Learn the essential principles of concussion management from the moment of impact on the field through acute clinical care and return to normal activities.

R2P Advanced Management of Post-Concussion Syndrome outlines the R2P PATH, an evidence-based approach to concussion rehabilitation. Participants will learn to apply key principles of sub-symptom threshold progressions to vestibular, visual, and exercise therapy, and assess and manage post-traumatic headaches.

CLINICAL INSTRUCTOR

JACQUIE VAN IERSSEL
PT, PhD(candidate), MSc(Rehab), BScPT, BPE, FCAMPT, SPC Diploma, CAFCI

Jacquie has over 20 years of experience working with individuals from a recreational level to Olympic athletes. During more than fifteen years of clinical and on-field experience at the University of Toronto with the concussion clinic and research staff, Jacquie treated a high volume of complex concussion patients, with a focus on return to play using a continuum of care that included preseason questionnaires, acute on-field assessment of injured athletes, management of acute and chronic symptoms, and return to play exercise progressions. As well, she completed her vestibular competency training at Emory University. She has been a clinical instructor at the University of Toronto, Department of Physical Therapy, and past chair of the Sport Physiotherapy Canada (SPC), Ontario. Her doctoral research is focused on the development of a functional assessment outcome measure for individuals with persistent post-concussion symptoms. Her work measures the impact of concussion in order to inform clinical management based on patient priorities.

Course Outline

8:30 Diagnosis of Post-Concussion Syndrome
Why do some individuals recover quickly, while others have persistent symptoms for months or years?

9:00 R2P SCORE
Understand which systems may contribute to persistent post-concussion symptoms and how to categorize them using a series of algorithms. Learn how to prioritize a systematic treatment approach using the R2P SCORE.

9:30 Cervical Spine
Diagnostic criteria for cervicogenic headache and dizziness. Understand the important components to include in the neurological and musculoskeletal exam.

11:00 Visual System
What is post-trauma vision syndrome? How do you screen for vision dysfunction? What is vision rehabilitation?

12:30 Lunch

1:15 Vestibular System
Determine whether there is central or peripheral vestibular cause of dizziness. Use a set of algorithms to differentiate types of vestibular dysfunction based on objective criteria and symptom profiles.

3:00 Autonomic Dysregulation
Assess exercise capacity with graded exercise testing in order to:
- Differentiate autonomic, cervical, vestibular, or visual symptoms
- Quantify exercise intolerance
- Individualize exercise prescription
- Determine physiological recovery

3:30 Putting it all together
Consolidate learning through discussion and small group case studies using the R2P SCORE.

4:00 Wrap-up

R2P™
concussion
management

Vancouver, BC
November 11, 2018

Montreal, QC
Dec 1, 2018

Winnipeg, MB
Feb 3, 2019

Advanced Management of Post-Concussion Syndrome

Approved for 3.2 CATA CEU credits

The third of three R2P courses:

R2P Advanced Management of Post-Concussion Syndrome outlines the R2P PATH, an evidence-based approach to concussion rehabilitation. Participants will learn to:

- Apply key principles of sub-symptom threshold progressions to vestibular, visual, and exercise therapy.

- Assess and manage post-traumatic headaches using a unique algorithm.

Consolidate learning through hands-on practice and small group case studies. This course is appropriate for Physiotherapists, Athletic Therapists, Chiropractors, Occupational Therapists, Kinesiologists, and Physicians. Skills learned can immediately be applied in clinical practice.

Prerequisite: R2P Management of Post-Concussion Syndrome

R2P Management of Post-Concussion Syndrome teaches how to differentiate cervical, vestibular, visual, mental health, and autonomic causes of persistent post-concussion symptoms. Course participants will learn how to prioritize treatment using an evidence-based series of algorithms and the R2P SCORE.

R2P Management of Acute Concussion offers a systematic and objective approach to diagnosing and managing concussion in the first few weeks after injury. Learn the essential principles of concussion management from the moment of impact through acute clinical care and return to normal activities.

Register Now. Space is limited. $325 +GST/HST
For more information: www.R2Pconcussion.com
Contact: R2Pconcussion@gmail.com
Private courses available upon request.

CLINICAL INSTRUCTOR

JACQUIE VAN IERSSEL
PT, PhD(candidate), MSc(Rehab), BScPT, BPE, FCAMPT, SPC Diploma, CAFCI

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Course Outline

8:30 Advanced Neuroimaging and Fluid Biomarkers
What is the role of advanced neuroimaging techniques in the diagnosis of concussion? Can a blood test predict recovery?

9:00 Post-Traumatic Headache
Learn to differentiate types of post-traumatic headache using an evidence-based algorithm and standardized history taking. Understand how to apply best practice treatment techniques.

10:30 Sleep-Wake Disturbances
What is the impact of sleep-wake disturbances on recovery? How do you assess sleep disturbances? What are recommended treatment techniques?

11:00 Post-Traumatic Fatigue
How do you differentiate between cognitive and physical fatigue? Learn best-practice management strategies, including planning and pacing.

11:30 Alternative Therapies
What is the evidence regarding acupuncture, hyperbaric oxygen therapy, and neurofeedback for the management of post-concussion symptoms? Are nutritional supplements effective?

12:00 Lunch

12:45 Sub-Symptom Exercise Therapy
Learn to prescribe sub-symptom threshold aerobic exercise to manage autonomic dysfunction through practical application.

1:30 R2P PATH
Learn to apply advanced therapeutic exercises for vestibular and visual dysfunction using stepwise progressions. Design individualized treatment programs based on symptom profiles through small group work.

3:30 Putting it all together
Consolidate learning through discussion and case studies.

4:00 Questions and Answers