

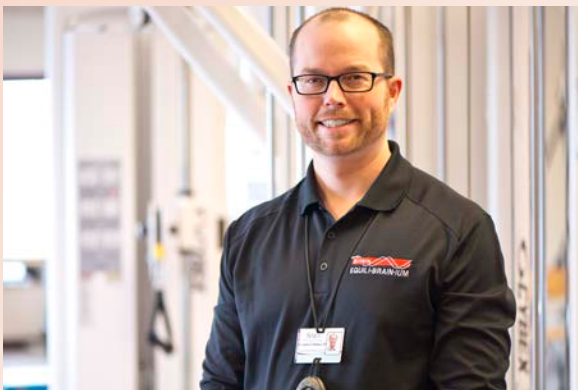
SITRIN

EQUILIBRAIN-IUM

“Keeping Your Life in Balance”

Concussion Management Program

Equi-BRAIN-ium is a concussion management program primarily focused on making appropriate clinical decisions for when it is safe for athletes and individuals to return to the field of play or everyday activities.

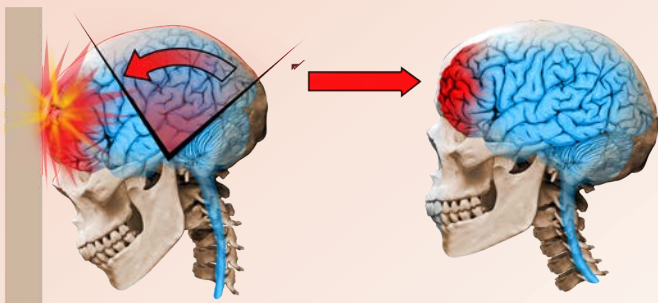


Dr. James V. Wallace, PT and Evidence-Based Certified Concussion Management Specialist, is the director of clinical rehabilitation services at Sitrin. He currently has more than 10 years in the field of physical therapy and six years in concussion management.



Recognize Concussion Symptoms

Thinking Processes	Physical Indications	Emotional Evidence	Sleep Patterns
Difficulty Thinking	Headache	Irritability	Sleeping More Than Usual
Feeling Slow Or Sluggish	Nausea, Vomiting, Dizziness	Sadness	Sleeping Less Than Usual
Difficulty Concentrating	Light or Noise Sensitivity	Nervousness	Difficulty Sleeping
Difficulty Remembering	Feeling Tired	Anxiety	



What is a concussion?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. It is caused by a bump, blow or jolt to the head or body that causes the head and brain to quickly move back and forth.

Proper care when a concussion first occurs can help prevent further injury. It is not uncommon for initial symptoms to resolve, only to return through mental or physical exertion.

It is essential for a medical professional experienced in concussion management to assess the individual.



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visit Sitrin.com for more information