

KONKUSSION

PROTECTING BRAINS - ONE ATHLETE AT A TIME



"Let them play. Let our team protect them"

*Dr. Neilank K Jha, Neurosurgeon, Spine Surgeon
Chairman and Founder, KONKUSSION*



PROTECTING BRAINS - ONE ATHLETE AT A TIME

Victoria East Chiropractic Clinic LTD. is pleased to partner with KONKUSSION in offering a free online education tool, concussion baseline testing, 24 hour access to care, and post-concussion management.

We are the only KONKUSSION Certified location in Saskatchewan.

Please take a few minutes and review the handout that we have provided you to familiarize yourself with KONKUSSION. What you will receive when you complete the free online educational tool is not only an excellent starting point should your athlete unfortunately get injured, but you will have access to a 1-800 number that is monitored 24 hours per day, 7 days a week to answer your questions when your player is injured. They will provide immediate consultation and direct you to our office for an assessment to determine the care required. We will provide your coaches and teachers with return to play and return to learn documentation for them to follow for the best recovery of your athlete. Your athlete will be provided with the most up to date, research based treatment should it be required.

We look forward to working with your athlete for the upcoming football season.

Sincerely,

Dr. Shane Taylor, Dr. Michael Mollenhauer



Victoria East
CHIROPRACTIC
Clinic Ltd.





WELCOME MESSAGE FROM DR. JHA
Neurosurgeon and Founder of KONKUSSION

Welcome to KONKUSSION, protecting brains one athlete at a time.

Concussions have become a hot topic in recent months. While concussion awareness has rapidly increased amongst sport communities, our team continues to notice that concussion education has not reached the level of concussion awareness.

Unlike a wrist fracture where an x-ray is performed to diagnose the fracture and establish an effective treatment regime, there is no CT scan, MRI or laboratory test that can conclusively diagnose a concussion.

A large number of concussions go unrecognized and undiagnosed. However, a concussion may be as serious as a heart attack or stroke, if mismanaged, given the risk for irreversible brain damage.

In fact, 15-20% of recreational athletes will sustain a concussion this year. Up to 20% of athletes who sustain a concussion will experience significant symptoms that persist beyond three months. Multiple mismanaged concussions can lead to long term impacts that include depression, Alzheimer's, Parkinson's, ALS, and suicide. A second concussion prior to recovering from the first may lead to a 'Second-impact syndrome' which can result in irreversible brain damage and permanent disability.

Our team encourages you to take a few moments and review the documents presented herein to educate yourself regarding the brain health of your child.

We look forward to a safe and healthy football season.

Sincerely,

Neilank K. Jha, MD., FRCS(C)
Chairman and Founder, KONKUSSION Neurosurgeon and Spine Surgeon



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KONKUSSION PROGRAM

KONKUSSION was founded by Ontario Neurosurgeon and Spine Surgeon, Dr. Neilank K. Jha, MD., FRCS(C) to revolutionize the management of concussions and address the lessons learned in the previous case studies by offering:

Free online education tool for coaches, players, and parents

Annual baseline testing under the supervision of a healthcare professional to facilitate an objective pre and post-injury comparison of neurological function.

Twenty-four hour access to an experienced clinical team highly specialized in the diagnosis and management of head injuries.

Clinical appointments with a certified practitioner, commencing 24 to 48 hours after sustaining a head injury or concussion.

Ongoing **treatment** and management from our clinical team until concussion resolution and safe return to activity and sport.

This complete management program sets a global standard of care.

 <p>Annual Baseline Testing</p> <p>No athlete should play a sport without a baseline test. Learn More</p>	 <p>24 hour Access to our Clinical Team</p> <p>Concussions require immediate care from a team of healthcare professionals. Learn More</p>	 <p>Ongoing Concussion Management</p> <p>Poorly managed concussions may lead to permanent brain damage. Learn More</p>
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BASELINE TESTING

No athlete should play a sport without a baseline test. In addition to the free online educational tool KONKUSSION offers baseline neurocognitive testing that provides valuable information should a head injury occur. Baseline testing enables objective evaluation of when an athlete's post concussion level of function has returned to the pre injury level for safe return to activity and sport. All KONKUSSION athletes are strongly encouraged to participate in an annual baseline test administered by a member of our professional healthcare team.

The comprehensive baseline test includes computer based neurocognitive and neurophysical tests and a rigorous fitness assessment to simulate playing conditions. Baseline tests are carried out on a pre designated date and timeslot.

The cost for the Baseline Test is \$60, which provides a valuable tool to our practitioners. Whether or not your athlete hurts their head during football, on the playground, in gym class, or playing another sport, you can call the 1-800 number at any time during the year. The Baseline Test will be required to be redone each year as your athletes cognitive performance will change each year.

We can either schedule you individually, or should your entire team be interested we can schedule a time to do a Baseline Test on the entire team at once.

You can call our office to arrange a baseline test at 306-525-6977, or you can book on our website at www.konkussionregina.com . Our address is 1812 Victoria Ave EAST.



24 HOUR ACCESS TO CARE

Concussions require immediate care.

Upon completing an annual on-line education course or KONKUSSION baseline test, each parent, guardian, or athlete receives a KONKUSSION information package. This information package includes a membership card and 1-800 number to call in the event of a suspected head injury.

The KONKUSSION Clinical Team is accessible twenty-four hours per day, seven days per week, 365 days per year.

After calling the KONKUSSION 1-800 number, the parent, guardian, or athlete receives a return phone call within 60 minutes from a KONKUSSION trained healthcare professional. A detailed pre-screen of the athlete's condition is carried out.

Based upon the pre-screen results – reviewed by a Neurosurgeon or Neurologist – the KONKUSSION member is scheduled to see a certified practitioner within 24 to 48 hours. No referral from a family doctor or pediatrician is required.





ONGOING CONCUSSION MANAGEMENT

In the event that an athlete has sustained a concussion, the KONKUSSION team offers state of the art concussion management through clinical appointments or teleconferencing with a certified practitioner, Neurosurgeon or Neurologist.

Clinical appointments follow medically validated rehabilitation stages. This ensures safe and proper return to play timelines.

The KONKUSSION multidisciplinary medical team offers detailed head injury treatment, diet, supplement and lifestyle regimes to help athletes expedite recovery, return to play in a safer and more responsive manner, and minimize the short and long term health impacts of head injury. The ultimate clearance for an athlete to return safely to school, work, physical activity, or play, is managed by your KONKUSSION practitioner, as these decisions can ultimately prevent permanent brain damage.





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KONKUSSION FAQ's

KONKUSSION is a team led by neurosurgeons and neurologists providing athletes with mobile on-site comprehensive baseline testing and subsequent 24/7/365 complete concussion care and safe return to play.

All athletes are highly recommended to undergo an annual Baseline Test administered by a KONKUSSION practitioner. Upon completing the free online educational tool and/or baseline test, each athlete, parent or guardian receives a membership card and 1-800 number to call in the event of a head injury.

KONKUSSION clinical care is accessible 24 hours per day, 7 days per week, 365 days/year. Members receive a phone call back within 60 minutes from a healthcare professional to facilitate a detailed pre-screen of the athlete's condition.

If necessary, KONKUSSION athletes are scheduled to see a certified practitioner within 24 to 48 hours, anywhere in Canada where a certified KONKUSSION clinic is located. In the event of a concussion, the diagnosis is confirmed by comparing the post-injury measurements to the athlete's baseline levels if available.

A graduated return to activity, return to play protocol is followed under the expertise of our clinical team with multidisciplinary head injury treatment, diet, supplement and lifestyle regimes to expedited recovery.

Why become a member of KONKUSSION?

Concussions require immediate care.

Parents and athletes concerned about a possible concussion have immediate access to our clinical team and will be scheduled to see a certified practitioner within 24 to 48 hours, anywhere in Canada where a certified KONKUSSION clinic is located.



How is KONKUSSION's baseline testing different from others?

Firstly, our neurocognitive test is administered by a healthcare professional at the beginning of each sport season.

Secondly, our baseline testing incorporates features of previously validated tests and further dimensions of cognition, including visual memory, balance, reaction time and working memory.

Thirdly, our rigorous fitness assessment simulates playing conditions.

Finally, each concussed athlete undergoes a comprehensive review by our team of Neurosurgeons and Neurologists.

All of the above enables KONKUSSION to make return to play decisions with a higher level of efficiency, precision and safety.

Is Baseline testing only for athletes above they age of 10?

No. KONKUSSION has modified its baseline test for younger athletes and continues to follow their sporting career.

What happens when an athlete returns to play too soon after sustaining a concussion?

The athlete will become more susceptible to a second concussion, post concussive syndrome and irreversible brain damage.

Short-term consequences may include impaired school performance, debilitating headaches, dizziness, nausea, vomiting, and sensitivity to sound and light. Long-term effects may include depression, Alzheimer's, Parkinson's, ALS and suicide.

Will KONKUSSION delay a player's Return To Play?

No, quite the opposite. Due to immediate access to care, educational tool, and KONKUSSION baseline testing, athletes will return to play as soon as safely possible.

Why do my kids need to register with KONKUSSION each year?

Given the developing brain, it is important to establish an up to date baseline test.