

Concussion Clinic

A PARTNERSHIP WITH SUMMIT ORTHOPEDICS AND HEALTHEAST BETHESDA HOSPITAL

Summit Orthopedics has partnered with **HealthEast Concussion Clinic at Bethesda Hospital** to provide treatment for concussion by experts including physicians, neuro-psychologists and therapists.

A concussion is a temporary alteration of brain function due to trauma. It can occur with a jolt or blow to the head causing a "dazed" feeling. A concussion can also be diagnosed as a mild traumatic brain injury (MTBI).

WE PROVIDE CARE TO THOSE 13 AND OLDER, AND WE OFFER:

- › Diagnosis
- › Information about recovery
- › Help returning to daily activities, work and sports
- › Consultation with providers involved in your care
- › Communication with schools and employers, if needed

CONCUSSION TREATMENT:

The symptoms of a concussion usually subside and disappear within 10-14 days. While there are no medicines that can help the brain chemicals balance, there are treatments for other symptoms such as dizziness, depression, headaches, fatigue, reduced memory and others. A structured rehabilitation process often promotes a quicker recovery time.

IMMEDIATE SIGNS AND SYMPTOMS OF A CONCUSSION MAY INCLUDE:

- › Confusion
- › Amnesia - especially to details before and/or after the event
- › Headache
- › Nausea/vomiting
- › Poor balance
- › Unequal pupil size
- › Slurred speech
- › Sensitivity to light and noise
- › Loss of consciousness

These symptoms may occur at the time of injury and for a short time afterward and may only last an hour or two. Symptoms may also last five to 10 days and new ones may appear in this time frame.

REHAB SERVICES ASSESSMENT

- › Safe management and return to physical exertion after a concussion.
- › Close symptom monitoring with graded progression from low-intensity activities through more dynamic and aggressive exertion activities in stages dependent on the individual's goal.

NEUROPSYCHOLOGICAL EVALUATION

A neuropsychologist is a licensed psychologist specializing in brain functioning who evaluates brain function such as:

- › memory
- › concentration/attention
- › language
- › visual perception
- › intellectual functioning

A REFERRAL IS BEING SENT TO THE HEALTHEAST CONCUSSION CLINIC AT BETHESDA HOSPITAL

Upon receipt of the referral, HealthEast Bethesda will contact you within the business day to schedule an appointment.

Referrals received after 4:00pm may result in contact on the next business day.

Our business hours are Monday-Friday, 8 am to 4:30 pm

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YOU CAN CONTACT HEALTHEAST BETHESDA AT 651-326-HEAD (4323)
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HEALTHEAST BETHESDA ACCEPTS ALL MAJOR INSURANCE CARRIERS. THEY WOULD RECOMMEND THAT YOU DIRECTLY CONTACT YOUR INSURANCE CARRIER FOR COVERAGE AND OUT OF POCKET ESTIMATES FOR SERVICES AT THE HEALTHEAST CONCUSSION CLINIC AT BETHESDA HOSPITAL.

