

CONCUSSION CARE AND RECOVERY



Concussion is a treatable injury. Our mission is to improve the standard of Concussion Care in Newfoundland and Labrador.

Signs & Symptoms of a Concussion:

Vestibular: dizziness, fuzzy headed, imbalance

Physical: headaches, neck pain, fatigue and nausea

Visual: blurry vision, light sensitivity, difficulty reading

Emotional: irritability, anxiousness, sadness

Cognitive: difficulty concentrating, poor memory

Sleep: insomnia, sleeping more or less than usual



Our Concussion Professionals
Get You Back To Sport And Life

Delivering the most experienced concussion care in Newfoundland and Labrador

Our Concussion Care and Recovery Includes:

- Professionals with Advanced Knowledge of Concussion
- Evidence Based Care
- State of the Art Rehab Equipment
- Prevention Education
- Baseline Testing
- Multidisciplinary Concussion Assessment
- Concussion Recovery Programs:
 - ◆ Return to Learn: Learn how to support return to school
 - ◆ Return to Play: Learn how & when to return to sport
 - ◆ Return to Work: Learn how & when to return to work
 - ◆ Return to Life: Learn how to get back to normal activities



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