

Lower Merion School District

CONCUSSION – Finding the Right Physician

One of the key components to recovering from a concussion is to ensure you are receiving proper care and management from the start. It's important to find a physician trained in Concussion Management who fully understands the complexity of concussions. So how do you know you are seeing the right physician for your son/daughter? Here are a couple tips:

- 1- Since your child has received a baseline ImPACT test & EyeGuide Test, you want to make sure you find a provider that is a Credentialed ImPACT Consultant (CIC). This means the physician has attended additional courses to receive this credential and knows the most up-to-date management tools for concussions.
- 2- A full concussion evaluation should identify any concerns in these 6 Categories:
 1. **Cervicogenic** – Looking for neck pain or a whiplash mechanism of injury.
 2. **Vestibular** – How the eyes, brain, and body work as one. The doctor completes a detailed eye and balance exam.
 3. **Ocular** – Making sure the eyes are working together as a unit
 4. **Cognitive** – Review of a detailed history, ImPACT testing review, and symptomology.
 5. **Psychological/Psychiatric** - Family or past medical history outlining diagnosis of anxiety, depression, ADHD, etc.
 6. **Sleep** – Review of one's normal sleep patterns and whether there has been any disruption.

Here is a list of Credentialed ImPACT Consultant (CIC) Physician in our area, just to name a few:

You can find the complete list of CIC providers at www.impacttest.com

The Rothman Institute

1-800-321-9999

Physicians:

Bradley J Smith, M.D
Stephen Stache, M.D
Christopher Mehalo, M.D
John Luksch, M.D.
Adam Crush M.D
Scott Edmonds, OD, FAAO-Neuro-Optometry

The Children's Hospital of Philadelphia

215-590-6969

Physicians:

Matthew Grady M.D
Christina Master M.D
Christian Turner M.D

Your son/daughters Passport ID: ___ASK Your Athletic Trainer for this information _____

Please provide this at initial office visit with CIC physician so they are able to access your son/daughters baseline results.