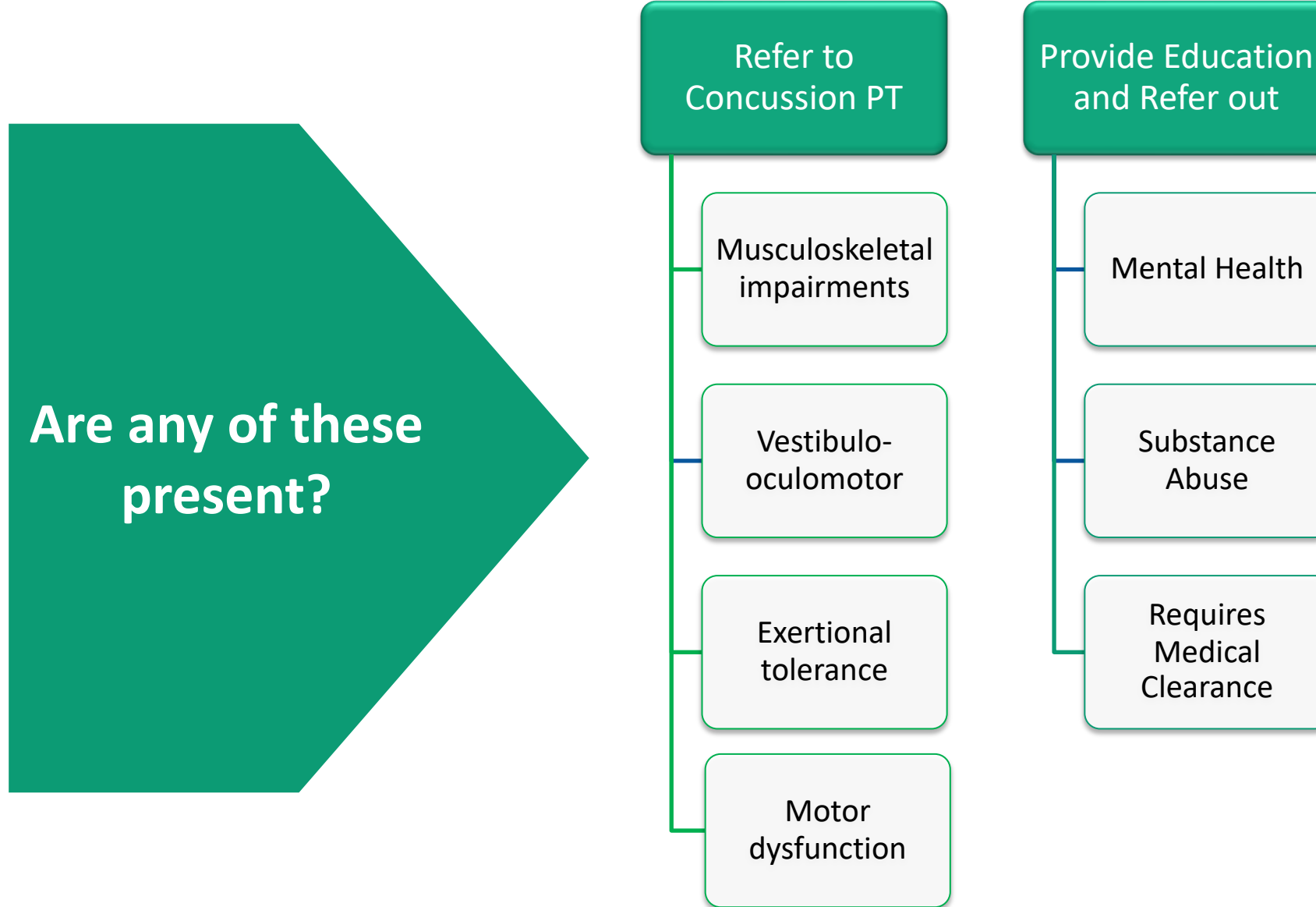


How to determine if PT is Appropriate?



Comprehensive Physical Therapy Concussion Evaluation

Screening & Diagnosis

- Emergency Red flags
- Detailed mechanism of injury
- Review past medical history

Examination

- Identify level of irritability
- Cervical/thoracic musculoskeletal function
- Vestibulo-oculomotor function
- Autonomic Dysfunction/Exertional tolerance
- Motor function

Return-to-Work (RTW) Considerations

- Essential Job Demands/Job Description
- Risk for reoccurrence based on physical demand level
- Assessment of person domains



Top 3 movement-related impairments

- Neck Pain
- Dizziness
- Headache

During intake identify

- What triggers symptoms?
 - Certain movements increase/decrease symptoms
- Frequency
- Severity
- Duration
- What factor eases the symptoms, how quickly, how much, and how easy do they resolve?

Objective Examination of 4 Domains



Cervical Musculoskeletal

- Neck, thoracic, TMJ pain, headache, dizziness, fatigue, balance, or difficulty focusing
- TX: ROM, muscle strength, endurance, soft tissue mobilization, postural positioning



Vestibulo-oculomotor

- Headache, dizziness, vertigo, nausea, fatigue, balance problems, visual motion sensitivity, blurred vision, trouble focusing on stable or moving targets
- TX: ocular alignment, gaze stability, dix-hall pike test for BPPV



Exertional Tolerance

- Resting and postural BP or HR changes
- TX: System guided graded cardio testing



Motor Function

Instability with static, dynamic balance, motor coordination, inability to multi-task

TX: selection and timing, sequencing

