

SPORTS CONCUSSION INSTITUTE

“Excellence in concussion management”



Mild Head Injury Clinic
Pain Management Clinic
Memory Disorders Clinic

An estimated ten percent of all athletes participating in contact sports suffer a concussion each season. Concussions occur when a blow to the head or neck interrupts brain function. The effects of these concussions vary between individuals, and many mild concussions are undiagnosed and unreported. Most athletes recover from concussions completely and can return to play following an appropriate period of recovery. However, knowing when it is safe to return to play in order to avoid serious brain injury is crucial.



The Sports Concussion Institute in Los Angeles, CA was designed to address the comprehensive needs of the athlete who has sustained a concussion, in order to facilitate his or her recovery and safe, confident return to play. The highly experienced and skilled medical and professional staff of the Institute are dedicated to “excellence in concussion management,” providing high level services in the diagnosis, treatment, rehabilitation, and overall care of the concussed athlete.

Overall Approach/Philosophy of the Institute

- Intensive, short-term cognitive rehabilitative model
- Efficient, high-quality services aimed at symptom reduction and management in order to facilitate patients to return to their baseline levels of activity as soon as reasonably possible.
- An interdisciplinary approach to diagnosis, treatment and evaluation. This means that highly experienced and skilled professionals from a variety of disciplines will communicate and work together in order to provide a comprehensive treatment plan for the individual patient. Our team of professionals include: neurologists, neuropsychologists, neuropsychiatrists, physical therapists, nurse practitioners, adult and adolescent clinical psychologists, speech pathologists, education specialists, and life coaches.
- The Sports Concussion Institute is comprised of three clinics: Mild Head Injury Clinic, Pain Management Clinic, and the Memory Disorders Clinic. Each of these clinics function together to provide the best combination of services possible to prevent, diagnose and treat concussion.



Our Services

Mild Head Injury Clinic

This clinic is designed to tailor rehabilitation to an individual's specific needs. Patients will be assessed by board certified physicians, board certified neuropsychologists, and their staff, who have had extensive experience in the field of traumatic brain injury and concussion. Following evaluation and assessment, patients will receive prompt treatment, which may include: medical care from a physician, ongoing services (e.g., serial assessment, mild head injury education, counseling, cognitive therapy) from a psychologist or neuropsychologist, and/or a referral to our extensive network of physical specialists and ancillary medical professionals.



One of the core assessment procedures used in this clinic is an objective computerized neuropsychological assessment that is currently used by the NFL, NHL, NASCAR, professional boxing, and many high schools and colleges. The use of computerized neuropsychological assessment enables our doctors to conduct a simple, 30-minute evaluation of an athlete's neurocognitive status (i.e., memory, processing speed, and other related functions) following concussion. In addition to computerized testing, athletes/patients in this clinic will also undergo a broader neurologic and neuropsychological examination in order to ensure that all the information needed for the proper evaluation and treatment of mild head trauma is obtained.

Treatment of postconcussive syndrome in general will focus on individual patient responsibility, patient education, symptom reduction, and promoting a return to previous lifestyle and function. Treatment/evaluation of sports concussions will, in addition, focus on safe return to play and reducing the possibility of second impact syndrome.



Pain Management Clinic

Many athletes and patients who have sustained a concussion experience pain problems, such as headache, back pain, and neck pain. Treatment of these problems following concussion is vital to the recovery process, as untreated pain symptoms can prolong recovery time as well as contribute to the cognitive and emotional symptoms of concussion. The Pain Management Clinic is designed to foster efficient and effective treatment of pain symptoms. Physicians, clinical psychologists, and their staff, who have specialized training and knowledge of pain, will evaluate the patient. Pain is almost always multi-factorial in nature, meaning that there are physical, psychological, and social factors contributing to the experience of pain. As such, patients enrolled in this clinic can expect to receive a comprehensive and interdisciplinary approach to the evaluation and treatment of their particular pain problem.



Following the initial evaluation, prompt recommendations and treatment will ensue. This may include medical treatment and follow-up by a physician (e.g., analgesic medications, injections and interventional procedures, etc.), ongoing behavioral intervention or therapy (e.g., biofeedback, relaxation training), complimentary and alternative interventions (e.g., acupuncture/acupressure, therapeutic massage, nutritional counseling, etc.), a neuropsychiatry consult, or referral to our network of specialists (e.g., physical therapy and symptom specific functional restoration). Because pain complaints are often a part of the post-concussive syndrome, the Pain Management Clinic is a crucial resource to the Mild Head Injury Clinic.

Concussion Facts:

- Each year, more than 750,000 Americans report injuries sustained during recreational sports, with 82,000 involving brain injuries.
- Brain injuries cause more deaths than any other sports injury. In football, brain injuries account for 65% to 95% of all fatalities. Football injuries associated with the brain occur at the rate of one in every 5.5 games. In any given season, 10% of all college players and 20% of all high school players sustain brain injuries.
- 87% of professional boxers have sustained a brain injury. 5% of soccer players sustain brain injuries as a result of their sport. The head is involved in more baseball injuries than any other body part. Almost half of the injuries involve a child's head, face, mouth or eyes.
- Up to 86% of athletes that suffer a concussion will experience Post-Traumatic Migraine or some other type of headache pain. In fact, recent evidence indicates that presence and severity of headache symptoms may be a very significant indicator of severity of head injury and help guide return to play decisions.

Contact Us

Sports Concussion Institute is dedicated to providing our patients with excellent services and professional medical experiences. For further assistance in finding a doctor or the service to suit your needs, please call us at **(310) 643-9595**.



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