



Located in Los Angeles, the Sports Concussion Institute provides efficient, high-quality services aimed at symptom reduction and management in order to facilitate patients' return to their baseline levels of activity as soon as reasonably possible.

Our patients can look forward to the considerable expertise and comprehensive care that distinguishes the Institute as one of the most innovative programs in the United States.



## CONCUSSION FACTS:

- An estimated 15% of all athletes participating in contact sports suffer a concussion each season.
- An estimated 1.6 to 3.8 million sports related concussions occur each year.
- 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.
- Up to 86% of athletes that suffer a concussion will experience Post-Traumatic Migraine or some other type of headache pain.



Mild Head Injury Clinic  
Pain Management Clinic  
Memory Disorders Clinic

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.

### Sports Concussion Institute

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*“Excellence in  
Concussion Management”*

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## OVERALL APPROACH & PHILOSOPHY OF THE INSTITUTE

An estimated 15% 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 (SCI) in Los Angeles 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.

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.

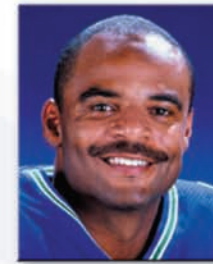


## MILD HEAD INJURY CLINIC

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 specialists and ancillary medical professionals.

## 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, neurologists and 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 neurologically-based comprehensive and interdisciplinary approach to the evaluation and treatment of their particular pain problem.



## WARREN MOON SCI INITIATIVE

Hall of Fame Legend Warren Moon is the national face of SCI, for all prevention intervention programs facilitated for high school and youth football athletes to promote safety, prevention, and recognition of concussion. This Warren Moon/SCI initiative seeks to implement a new standard of care in connection with concussions and effectuate meaningful change in athletics, at the forefront of management around one of the most significant and harmful injuries in sports today. It is the goal of Warren Moon and SCI to demonstrate the value proposition of creating a robust infrastructure around athletic organizations to promote optimal concussion education, awareness, and clinical care. It is the vision of Warren Moon and SCI to create and facilitate prevention intervention programs formulated to enhance safety measures for all High School and Youth Football Programs.

## SCI PREVENTION INTERVENTION PROGRAM

As a leading healthcare entity on the technological and innovative forefront of concussion management, we recommend pre-injury evaluations on *all* athletes. We believe this approach represents thoughtful prevention/intervention methods to avoid serious head injury, and promotes wellness, health and safety for all. The ultimate goal of the program is to create a safer environment for athletes through a robust campaign of education, awareness, and clinical care. One of the core assessment procedures used is ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing), a computerized assessment that is currently used by the NFL, MLB, NHL, NASCAR, professional boxing, and many middle schools, high schools, and colleges. ImPACT is a sophisticated, research-based software tool developed to help sports-medicine clinicians evaluate recovery following concussion. The ImPACT program evaluates and documents multiple aspects of neurocognitive functioning including memory, brain processing speed, reaction time and post-concussive symptoms. In addition, the ImPACT program provides a user-friendly injury documentation system that facilitates the tracking of the injury from the field through the recovery process.

**To set up baseline assessments  
for your team, league or organization  
please call (310) 643-9595.**