

# Management of Persistent Post Concussive Symptoms: What's the Latest Evidence?

Christina Finn, Ed.D, OTR/L

## Faculty

Christina Finn, Ed.D, OTR/L graduated from the University of Scranton in 2004 with a master's degree in Occupational Therapy and is currently an associate professor of occupational therapy at the New York Institute of Technology in Vestbury, NY. She has taught classes in physical rehabilitation and motor learning. Prior to attaining a full-time faculty position, Christina worked at NYU for 10 years. During her time she worked extensively with individuals with visual difficulties as a result of brain injury, concussion and other neurological conditions. She has experience in all areas of rehabilitation across the spectrum of care, including acute care, inpatient, and outpatient rehabilitation. She has attended several vision therapy training courses and holds certification in adult vestibular rehabilitation. Christina has presented to health care professionals on the topic of vision rehabilitation and has presented nationally on the topic of post-concussion syndrome.

### Disclosure:

Financial: Christina receives a speaking fee from Education Resources

Non-Financial: She has no non-financial relationships to disclose

## About this In-Person Course

This course will provide updates on the latest research related to diagnosis and management of concussion and persistent post concussive symptoms. This course will focus on the latest relevant and evidence-based assessment and treatment strategies for adults and children with prolonged visual, vestibular, and sensory complaints as a result of concussion. Effective treatment strategies to improve visual skills, balance, and sensory integration for optimal return to all daily tasks will be highlighted. Best practice guidelines for return to learn, return to play, and return to work will be highlighted. Participants will engage in clinical problem solving via group case analysis and discussion.

## Learning Objectives

- Apply current research to diagnosis and treatment of concussion and persistent post concussion syndrome
- Determine when referral is indicated to address comorbidities
- Assess visual function, balance and ability to participate in daily tasks (including cognitive)
- Implement treatment to reduce or eliminate motor dysfunction, sensory integrative dysfunction and visual motor skills impairment
- Implement training techniques and compensatory strategies including cognitive strategies to help the patient transition back to work, school and daily tasks

## Requirements

Items needed to do a few activities at home: straw, golf tee or toothpick, post-its, flash light or laser light.

## Audience

This course is relevant for therapists working with individuals of all ages including school aged children, young adults and older adults who may have sustained a concussion as a result of fall, MVA, sports injury or other accident.

## Schedule—Day 1 8:00 am – 5:30 pm EST (US)

- 8:00-8:30 Registration/Continental Breakfast
- 8:30-9:30 Overview of Concussion Diagnosis  
Current diagnostic tools: imaging, lab profile, clinical presentation, implications for therapy intervention.  
Symptoms: Immediate and delayed  
Literature review/ patient reports  
Visual, vestibular, cognitive, behavioral, and sensory changes  
Correlating literature to symptomatology
- 9:30-10:30 Long Terms Effects of Concussion and Updates on CTE
- 10:30-10:45 **Break**
- 10:45-12:15 Management of Concussion and PCS  
To rest or not? Overview of medical and therapeutic management  
Specialized Equipment: Does it prevent concussion? Re-injury?
- 12:15-1:15 **Lunch (on your own)**
- 1:15-1:45 Return to Learn and Classroom Modifications
- 1:45-2:15 Return to College
- 2:15-2:45 Return to Play Protocols: Updates on the Evidence
- 2:45-3:00 **Break**
- 3:00-3:30 Facilitating Return to Work
- 3:30-4:30 Services that can help manage post concussive symptoms: OT, PT, SLP, Neuropsychology, Vocational Rehabilitation  
Interdisciplinary team approach to decrease symptoms and optimize return to function  
Concussion Education and Knowledge
- 4:30-5:30 Case Analyses, Chart Review, Identification of Symptoms and use of screening tools

## Schedule—Day 2 7:30 am - 4:00 pm EST (US)

- 7:30-8:00 Registration/Continental Breakfast
- 8:00-8:30 Co-morbidities and the interdisciplinary team and case study
- 8:30-9:45 Functional changes after concussion  
Vision/ Impact on Visual System  
Balance/ Impact on vestibular system  
Sensory changes after concussion
- 9:45-10:00 **Break**
- 10:00-10:30 Changes in cognitive functioning  
Computerized cognitive testing
- 10:30-11:15 Assessments and screening Visual issues Vision Screening: DEM, King Devick, NPOC, Oculomotor screening  
Specific Vestibular and Balance and Assessments: DVA, BESS, TUG, ABC
- 11:15-11:45 **LAB: Screening and Assessment**
- 11:45-12:45 **Lunch (on your own)**
- 12:45-2:30 Treatment Interventions to improve visual skills for optimal functional performance  
Treatment to remediate oculomotor dysfunction  
Convergence and bilateral activities Oculomotor and reading  
Oculomotor smooth pursuits and balance
- 2:30-2:45 **Break**
- 2:45-3:00 Postural Exercises: Use of proprioception and sensory integration
- 3:00-3:30 Final Case Study and Discussion
- 3:30-4:00 Concussion Education and Knowledge Translation

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## Credits

This course meets the criteria for 10 contact hours (1.0 CEUs) Intermediate Level.



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Approved by the **NJ** Board of Physical Therapy Examiners.

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10 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification. Education Resources Inc. 266 Main St, Medfield, MA 02052. Please contact us with any special-needs requests: [info@educationresourcesinc.com](mailto:info@educationresourcesinc.com) or 800-487-6530.

## Webinar Dates and Times

**November 14 and 15, 2025**

**Burke Rehabilitation Hospital**

**785 Mamaroneck Avenue, Rosedale Room Billings, Building #4**

**White Plains, NY 10605**



~~\$39 fee. LIMITED ENROLLMENT. Cardholder will be accepted until 14 days prior to the start date of the course minus a \$75 Administration Fee. There will be NO REFUND after this 14 day deadline.~~

We encourage you to register online!

## In-Person Course: Management of Persistent Post Concussive Symptoms

- Christina Finn

October 17 and 18, 2025

### Course Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

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Needed in the event of an emergency scheduling change

Email: \_\_\_\_\_

Please clearly print your email address for course confirmation

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How did you learn of this course?: \_\_\_\_\_

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