

# 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 Westbury, NY where she teaches classes in physical rehabilitation and motor learning. Prior to attaining a full-time faculty position, Christina worked at NYU Rusk 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 a 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.

Financial Disclosure: Christina Finn receives an honorarium from Education Resources, Inc. Non-Financial Disclosure: She has no relevant non-financial relationship 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

1. Apply current research to diagnosis and treatment of concussion and post-concussion syndrome
2. Determine when referral is indicated to address co-morbidities
3. Assess visual function, balance, and ability to participate in daily tasks (including cognitive)
4. Implement treatments to remediate oculomotor dysfunction, sensory integrative dysfunction, and visual-motor skills impairment
5. Implement training techniques and compensatory strategies including cognitive strategies to help the patient transition back to work, school and daily tasks

## 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)

<b>8:00-8:30</b>	Registration/Continental Breakfast
<b>8:30-9:30</b>	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
<b>9:30-10:30</b>	Long Terms Effects of Concussion and Updates on CTE
<b>10:30-10:45</b>	<b>Break</b>
<b>10:45-12:15</b>	Management of Concussion and PCS To rest or not? Overview of medical and therapeutic management Specialized Equipment: Does it prevent concussion? Re-injury?
<b>12:15-1:15</b>	<b>Lunch (on your own)</b>
<b>1:15-1:45</b>	Return to Learn and Classroom Modifications
<b>1:45-2:15</b>	Return to College
<b>2:15-2:45</b>	Return to Play Protocols: Updates on the Evidence
<b>2:45-3:00</b>	<b>Break</b>
<b>3:00-3:30</b>	Facilitating Return to Work
<b>3:30-4:30</b>	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
<b>4:30-5:30</b>	Case Analyses, Chart Review, Identification of Symptoms and use of screening tools

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

<b>7:30-8:00</b>	Registration/Continental Breakfast		
<b>8:00-8:30</b>	Co-morbidities and the interdisciplinary team and case study	<b>11:15-11:45</b>	Specific Vestibular and Balance and Assessments: DVA, BESS, TUG, ABC
<b>8:30-9:45</b>	Functional changes after concussion Vision/ Impact on Visual System Balance/ Impact on vestibular system Sensory changes after concussion	<b>11:45-12:45</b>	<b>LAB:</b> Screening and Assessment
<b>9:45-10:00</b>	Break		Lunch (on your own)
<b>10:00-10:30</b>	Changes in cognitive functioning Computerized cognitive testing	<b>12:45-2:30</b>	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
<b>10:30-11:15</b>	Assessments and screening Visual issues Vision Screening: DEM, King Devick, NPOC, Oculomotor screening	<b>2:30-2:45</b>	Break
		<b>2:45-3:00</b>	Postural Exercises: Use of proprioception and sensory integration
		<b>3:00-3:30</b>	Final Case Study and Discussion
		<b>3:30-4:00</b>	Concussion Education and Knowledge Translation

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## Credits

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ASHA credits are accepted by the **TX** Department of License and Renewal.

Application has been made to the **NJ** Board of Physical Therapy Examiners.

Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy for 16.5 contact hours. Approved provider by the **NY** State Board of Physical Therapy for 16.5 contact hours (1.65 CEUs).

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12 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**

**Day 1 - 8:30-5:30**

**Day 2 - 8:00-4:00**

**Burke Rehabilitation Hospital**

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

**White Plains, NY 10605**



\$450 fee. **LIMITED ENROLLMENT.** Cancellation will be accepted until 14 days prior to the start date of the course, minus a \$75 Administration Fee. There will be NO REFUNDS 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 – White Plains, NY**

### Course Registration Form

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

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

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

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Needed in the event of an emergency scheduling change

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

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