

# 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:** Christina Finn has no relevant non-financial relationships to disclose.

## About this Course

In this course, updates from the 6th International Conference on Concussion in Sport will be discussed including Recommendations for Return to Learn and Return to Play. This course will include information on how these guidelines can be interpreted for best clinical practice related to rehabilitation assessment and treatment for individuals who have sustained concussions.

This course will provide updates on the latest research related to the 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 post-concussion syndrome
- Determine when referral is indicated to address co-morbidities
- Assess visual function, balance, and ability to participate in daily tasks (including cognitive)
- Implement treatments to remediate oculomotor 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

## 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 10:10 am - 4:15 pm EST (US)

- 10:10–10:30 Webinar Registration/Zoom Course Opens
- 10:30-10:45 The Concussion Crisis
- Population: athletes, students, wounded warriors, accident victims.
  - Chronic Traumatic Encephalopathy: What are the implications for repetitive head injury? An update on the latest evidence.
- 10:45-11:00 Policy Updates and Changes as a Result of Concussion Awareness
- 11:00-11:30 Diagnosis of Concussion: Understanding Multimodal Assessment and Best Practice
- Current diagnostic tools: imaging, lab profile, clinical presentation, implications for therapy intervention
- 11:30-12:00 Concussion with Persistent Symptoms: Understanding Persistent Post Concussive Symptoms
- 12:00-12:15 Break
- 12:15-12:30 Management of Persistent Post Concussive Symptoms: What are the current recommendations? An examination of the literature related to medication, rest and rehabilitation
- 12:30-1:00 The Role of Rehabilitation:
- What happens when symptoms do not resolve with rest alone?
  - Services that can help manage post concussive symptoms: Occupational Therapy, Neuropsychology, Vocational Rehabilitation.
- 1:00-2:00 Case Analysis and Chart Review (Breakout Rooms)
- 2:00-2:30 Lunch
- 2:30-3:15 Return to Learn and Return to University: Best Practice Guidelines (CDC and International Consensus Statement): **Case Analysis**
- 3:15-3:45 Return to Play: Best Practice Guidelines
- 3:45-4:15 Facilitating Return to Work

## Schedule – Day 2 10:10 am - 4:15 pm EST (US)

- 10:10–10:30 Webinar Registration/Zoom Course Opens
- 10:30-11:30 Co-morbidities and the Interdisciplinary Team
- 11:30-12:00 Impact of Concussion on Cognition: Updates on the Latest Evidence: The Role of Neuropsychology and Cognitive Testing
- 12:00-12:15 Break
- 12:15-12:45 Visual, Vestibular and Sensory Changes following concussion
- 12:45-1:15 Visual and Vestibular Assessments and Screening; Visual Issues Vision Screening: DEM, King Devick, NPOC, Oculomotor Screening; Specific Vestibular and Balance and Assessments: DVA, BESS, TUG, ABC
- 1:15-2:15 Vision Interventions to Improve Functional Interventions and Intervention Planning 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
- 2:15-2:45 Lunch
- 2:45-3:30 Specialized Equipment: Does it prevent concussion? Implications for Education and Injury Prevention
- 3:30-4:15 Concussion Education and Knowledge Transfer: Implications for Patient and Family Education

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## Credits

This course meets the criteria for 10 contact hours (1.0 CEUs) Intermediate Level. To receive a certificate of completion all registered attendees are required to attend and participate fully in all applicable course activities (i.e., labs, discussions, group work, polls, post-tests with passing grade of 80% or greater etc.) and complete the evaluation form.



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Application has been made to the FL Physical Therapy Association. Accreditation of this course does not necessarily imply the FPTA supports the views of the presenter or the sponsors.

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Application has been made to the FL Physical Therapy Association for 12 continuing education contact hours. Accreditation of this course does not necessarily imply the FPTA supports the views of the presenter or the sponsors.

Application has been made to the MD Board of Physical Therapy Examiners. Approved by the MN Board of Physical Therapy.

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

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## Webinar Dates and Times

**March 6 and 13, 2026**

**9:10 am EST • 8:10 am CST • 7:10 am MST • 6:10 am PST (US)**

Registration is for both sessions. Zoom log-in instructions and course materials will be emailed/added to your ERI account 5-7 days prior to the first date of the webinar.



\$389 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!

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March 6 and 13, 2026

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