

Leading-Edge Approaches for Concussion and Mild TBI Management: Applications for Comprehensive Assessment and Treatment

Danit Macklin, PT, DPT



Faculty

Dr. Danit Macklin specializes in concussion and vestibular rehabilitation and has obtained certificates from the APTA for both pediatric and adult vestibular rehabilitation and certification as an Impact Trained Physical Therapist. Dr. Macklin has served as faculty for the annual APTA Pediatric Vestibular Competency Conference. Dr. Macklin works in her own private practice, Balance & Concussion Therapy Center. She serves on the BIANJ Concussion Committee, and she is the founder and chair of the APTANJ Vestibular special interest group. Dr. Macklin also founded Concussion Awareness Day in the state of New Jersey. She recently joined the International Neurologic Physiotherapy Association and is actively working with that group's vestibular special interest group.

Disclosure - Financial: Dr. Macklin receives an honorarium from ERI. Non-Financial: She has no non-financial relationships to disclose.

About this On-Demand Course

If you have been looking for a way to really understand and rehabilitate patients with concussions, this is the series that you have been waiting for! This course will offer a comprehensive approach to provide allied health professionals with a solid foundation of understanding this complicated injury to apply treatments successfully. Patients with common and persistent complaints such as headaches, dizziness, persistent fatigue, blurred or double vision can be treated effectively! Learn the full evaluation process and treatment intervention approaches with specific examples to allow you to go back to the clinic the next day and treat like a pro!

Learning Objectives

- Identify the domains of mTBI that fall within the scope of therapeutic intervention and the areas of potential injury that require referral to another provider
- Select a concussion screening tool in view of patient presentation, time, and space available
- Determine an appropriate test to assess a domain affected by mTBI
- Recognize normal and abnormal results from evaluation tests and screening tools to perform differential diagnosis with regards to pre-existing problems
- Choose appropriate goals for rehab of patients with mTBI to improve function OR independence with daily activities OR participation in daily tasks
- Apply specialized intervention for the 4 domains falling within the therapeutic scope of practice
- Utilize appropriate patient reported outcome measures for patients with mTBI

Audience

This course is relevant for OTs, OTAs, PTs, PTAs and SLPs working with patients who have experienced concussions, including both pediatrics and adults.

Help your patients achieve better outcomes.

Schedule

30 minutes	Concussion & Symptomatology <ul style="list-style-type: none"> • Physiologic • Functional • mTBI/chronic traumatic encephalopathy (CTE)/bell rung culture 	1 hour	Cervical Spine <ul style="list-style-type: none"> • Ortho incl focus on deep neck flexors • Neuro/joint position error for motor control
15 minutes	Domains Affected and Roles Defined <ul style="list-style-type: none"> • Roughly 6 domains affected: cervical spine, oculomotor-vestibular, balance/motor function, exertion, anxiety/depression, cognitive • Therapy Role involved in at least 4 domains with indirect effects on other areas such as headache and mental clarity as well as mood regulation • ICF Model to demonstrate need for holistic approach 	1 hour 30 min	Oculomotor Vestibular <ul style="list-style-type: none"> • o/m interventions and progressions • Vestibular interventions and progressions • BPPV overview
45 minutes	A Deeper Dive into Differential Diagnosis and How Each System is Involved and the Symptoms Associated with 4 Domains: <ul style="list-style-type: none"> • Cervical spine • Vestibular-Oculomotor • Exertion • Motor Function (Balance, Reaction Time, Dual Tasking) • Screening Tools and Resources • Red Flags • Symptom Surveys • SCAT 5, SCOAT • Concussion CPG, International Consensus Statement on Sports Concussion • Case Study Introduced 	45 minutes	Exertion <ul style="list-style-type: none"> • Dosing • Progression and adding resistance training
1 hour	Evaluation <ul style="list-style-type: none"> • History Taking/Educating Patients - triaging for tolerance and focus of evaluation 	30 minutes	RTP
30 minutes	Cervical Spine Components	30 minutes	Balance <ul style="list-style-type: none"> • Considerations from vestibular approach (BOS, EO/EC, Head Turns, Visual Backgrounds, dynamic + static) • Progressions and treatment ideas • Adding in dual tasking
45 minutes	Oculomotor- Vestibular Components	45 minutes	Readiness for Return <ul style="list-style-type: none"> • Working with patients as they transition back to full activity (school, work, athletics, play) to provide support that will create improved resilience
30 minutes	BCTT for Exertion Assessment , other options and when to use	30 minutes	Prevention for Athletes
1 hour	Balance Tests	30 minutes	Case Study #2
45 minutes	Pulling it all together Developing an Assessment and a Plan, making appropriate referrals	30 minutes	Videos, Pulling it All Together
30 minutes	Videos		

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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.

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