

# 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 Day 1

45 min	<b>Concussion and Symptomatology</b> <ul style="list-style-type: none"> <li>• Physiologic</li> <li>• Functional</li> <li>• mTBI/chronic Traumatic encephalopathy (CTE)/bell rung culture,</li> </ul>
3 min	<b>Domains Affected and Roles Defined</b> <ul style="list-style-type: none"> <li>• Four domains in PT scope (6 total): cervical spine, oculomotor-vestibular, balance/motor function, exertion, anxiety depression, cognitive. Therapy role involved in the four domains with indirect effects on other areas such as headache and mental clarity as well as mood regulation</li> <li>• ICF model to demonstrate need for holistic approach</li> </ul>
20 min	<b>Deep Dive into differential diagnosis, how each system is involved, and symptoms associated with 4 domains</b> <ul style="list-style-type: none"> <li>• Concussion CPG, International consensus statement on Sports Concussion</li> <li>• Screening Tools</li> <li>• Red Flats</li> <li>• CRT-6, SCAT 5, SCOAT</li> <li>• Symptom Surveys</li> <li>• Baseline Tests</li> <li>• Domains: Cervical Spine, Motor function (balance, reaction time, dual tasking)</li> <li>• Vestibular oculomotor</li> <li>• Exertion</li> </ul>
30 min	<b>Evaluation:</b> <ul style="list-style-type: none"> <li>• History Taking</li> <li>• Patient education (symptom management, relative rest, sleep hygiene)</li> <li>• Triaging for tolerance and focus of evaluation</li> <li>• Symptom Monitoring PCSS</li> <li>• Poll Question (Answers are also shown)</li> </ul>
45 min	<b>Cervical Spine Components</b>
90 min	Oculomotor-Vestibular Components and breakout discussion
25 min	<b>Exertion/Autonomic Nervous Symptom</b>
40 min	<b>Balance</b>
2 min	<b>Psychological and Sociological Factors</b>
	<b>Examination Summary</b>
30 min	<b>Pulling it all Together, Case Study, Questions</b>

## Schedule Day 2

30 min	<b>Intro to Interventions</b>
30 min	<b>Cervical Spine Interventions</b> <ul style="list-style-type: none"> <li>• Ortho including focus on deep neck flexors</li> <li>• Neuro/Joint Position Error for motor control (JPE)</li> <li>• Manual Therapy</li> </ul>
85 min	<b>Oculomotor Vestibular</b> <ul style="list-style-type: none"> <li>• Sensory re-weighting</li> </ul>
18 min	<b>Exertion</b>
5 min	<b>Return to play</b>
15 min	<b>Motor Function/Balance</b>
13 min	<b>Injury Prevention, Peds vs Adult Considerations</b>
12 min	<b>Prevention for Athletes</b>
2 min	<b>CASE Study Review of Interventions</b>
12min	Clinical Reasoning Integration Summary/Pulling It All Together <ul style="list-style-type: none"> <li>• Final thoughts and Q and A</li> </ul>
15 min	Review additional Material given by Speaker Ref: Additional Resources for Course including PDFs provided in handout
30 min	<b>Post-test</b>

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Education Resources Inc. is an AOTA Approved Provider of professional development. Course approval ID# 13268. This Distance Learning-Independent Course is offered at 10 contact hours 1.0 CEUs, Intermediate level, OT Service Delivery & Foundational Knowledge. AOTA does not endorse specific course content, products or clinical procedures.

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

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

Application has been made to the **NJ** State 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 or they can be applied towards the 8-hour NDTA Instructor requirement for re-certification.

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