

RE: CONCUSSION BASELINE TESTING

Dear Kinsmen Moose Jaw Minor Football,

We would like to provide you with an expression of interest from our clinic to offer you concussion management services. It is now recognized that concussion testing is essential for the diagnosis and management of concussive injuries in sport. Concussions can have lasting impacts on the health of Athletes. In some jurisdictions it has become mandatory to test athletes prior to their competitive season due to both liability issues associated with concussion but also to help them proactively in the event of a head injury. Previous methods of concussion testing such as the SCAT 3 and other baseline tests have been refuted as being inefficient and it is difficult for most health care practitioners and team trainers to stay up to date with best management practices.

Highland Rehabilitation Centre is South Central Saskatchewan's only certified Complete Concussion Management clinic (CCMI). CCMI is a nationwide group of clinics dedicated to offering the highest level of concussion care to athletes of all ages. As part of this commitment, we offer evidence-based multimodal baseline testing, along with guided return-to-learn, work and play protocols into your athlete care programs. Our program is designed to work in conjunction with each athlete's school, parents, trainers, coaches and family doctors. By working together with all those involved, we are able to ensure athletes are being managed properly each and every step of the way.

There are many reasons to implement concussion protocol into all levels of sport. While we recognize that concussions cannot be fully prevented, education and training, as well as timely and appropriate management can better protect the health and well-being of your athletes. Appropriate management can potentially reduce the amount of playing time missed from subsequent concussions and it can also ensure we as sports providers are doing the utmost to ensure athletes do not suffer impairments that last into their adulthood.

We would work collaboratively with your organization to develop a program that protects your athletes from missed school, work, practice and game play, and the potentially devastating effects of concussion.

In most cases, concussions are completely recoverable if managed properly. With research, we know now that if the athlete is allowed to return-to-play too early, another concussion suffered at a vulnerable state can lead to the possibility of long-term consequences.

Because a concussion is a functional injury, MRI and CT scans do not show any signs of concussion. However, baseline testing utilizing a number of objective tests can help us to understand if an athlete is safe to return-to-play. Research has found that previous methods of concussion testing are not effective in recognizing the degree of the concussion.

The multimodal baseline tests we use evaluate an athletes memory, concentration, visual processing, reaction time, balance, and neuro-cognitive abilities. The cost per athlete is \$30 to perform a baseline test. We do charge additional labour fees to administer the tests. The fee for labour varies depending on the number of athletes you require assessed. We are available for team testing and will travel upon request. The cost breakdown is as follows:

- Assessment of 6 athletes per hour (group): \$150
- Assessment of 4 athletes per hour (group): \$120
- Assessment of 3 athletes per hour (group): \$90
- Individual assessments are also offered in clinic at our standard clinic rate plus the baseline testing fee.

Concussion baseline testing is highly recommended for all Athletes participating in impact sports. We would like to see testing performed as a standard procedure in sport. The cost of baseline testing when performed as a group is approximately \$55 per athlete. We recommend that sport organizations consider implementing this cost additionally as a user fee for participation.

Knowing what an athlete is capable of in a healthy state allows us as practitioners to make better decisions regarding recovery and when it is safe for the athlete to return to their sport after a concussion. It also ensures sport organizations are minimizing their liability by taking all precautions to protect their athletes. Under our care, an athlete is not allowed to return-to-play until they are able to accurately match their baseline test scores, along with completion of a physical exertion test.

For more information please feel free to contact me at (306) 693-2893 or jaelyse@highlandrehab.ca.

Thank you,

Jaelyse Gorgchuck, MPT, BSc.Kin