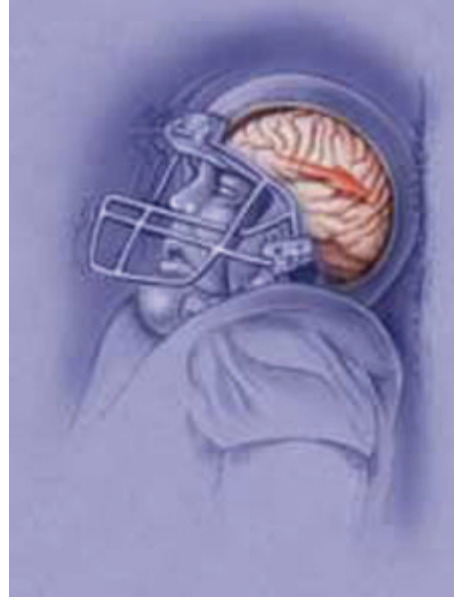


# Welcome to U.B. Orthopaedics & Sports Medicine of Niagara's Concussion Clinic

## Our Mission Statement

To educate and treat athletes who have suffered from a concussion. We ensure your athlete will receive the best care for a safe return to play or work.



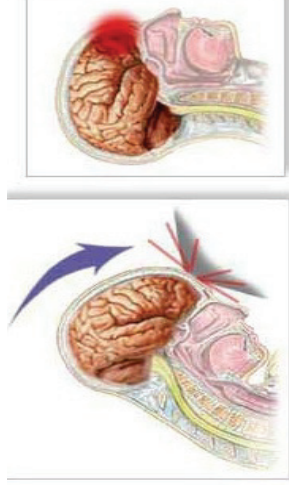
*We invite patients of all ages to take advantage of our concussion services*

- We are open Mondays, Wednesdays and Fridays.
- After suffering a concussion, schools require a physician's clearance for the athlete to return to play.
- Dr. Scott Darling is the primary care sports medicine specialist who will be overseeing the care of the concussed athlete.

- A physical therapist and a certified athletic trainer will also assist in the care of the patient.

## What is a Concussion?

A concussion is an injury to the brain. Most often it is caused by a mild to severe blow to the head. You do NOT have to lose consciousness to sustain a concussion. There is no concussion deemed too small to NOT be taken seriously.



## What should you do after you have been diagnosed with a concussion?

- Review the head injury warning sheet with family members. The sheet will be provided by your certified athletic trainer
- Schedule an appointment at the Concussion Clinic by calling **(716) 304-6585**
- Monitor your concussive symptoms
- Take note of what day you become symptom free

- Avoid all sports activities / physical education classes until you have been cleared by your physician
- Be aware that you will not be able to return to sport until you are cleared by your physician.
- Do not take any pain relieving medication unless directed by your physician

## What can you expect when you visit the Concussion Clinic?

- An examination by Dr. Scott Darling of U.B. Orthopaedics & Sports Medicine of Niagara
- A computer-based neuro-cognitive test
- The viewing of an educational DVD about concussions from the Centers for Disease Control and Prevention
- Exertional testing as you are nearing clearance to return to play
- On-site diagnostic imaging if the physician deems it necessary
- A complete physical therapy examination during your physician visit that tests all systems that could be affected by a concussion
- A follow-up visit and reassessment to prepare for your return to sport



# The Concussion Clinic

- ✘ Difficulty with remembering recent events or meaningful facts
- ✘ Severe headache, particularly in a specific location
- ✘ Stiffening of the neck
- ✘ Bleeding or clear fluid dripping from the ears and nose
- ✘ Mental confusion or strangeness
- ✘ Nausea or vomiting
- ✘ Dizziness, poor balance or unsteadiness
- ✘ Weakness in either arms or legs
- ✘ Abnormal drowsiness or sleepiness
- ✘ Convulsions
- ✘ Unequal pupils
- ✘ Loss of appetite
- ✘ Persistent ringing in the ears
- ✘ Slurring of speech
- ✘ Loss of consciousness

If these symptoms become apparent in your athlete contact your family physician or report to your local emergency facility.

**Avoid taking any pain relieving medication after sustaining a concussion unless directed by your physician, as these medications may mask serious symptoms.**

## The Concussion Clinic

**U.B. Orthopaedics &  
Sports Medicine of Niagara**

*in affiliation with the  
Sports Medicine Institute  
at UB Concussion Clinic*

**6934 Williams Road  
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*A service of*



**NIAGARA FALLS  
Memorial Medical Center**  
*Niagara's Premier Health Network*



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& SPORTS MEDICINE**

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