Coordinating Multidisciplinary Post-concussion Care

Dr. Jordan Utley, PhD, LAT, ATC

Athletic Training Room

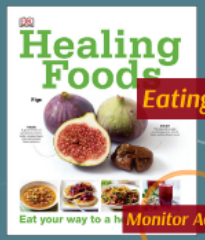
- Athlete is evaluated & diagnosed
- Cognitive baseline tested
- Removed from Play
- Told to rest

Physical Rest

Mental Rest

Stress Relief Center

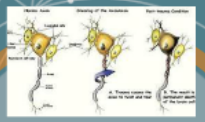
- Headaches
- Stress
- Tight Muscles
- Trouble Sleeping
- Worry



Nutritional Counseling

- Athlete doesn't feel like eating
- Unable to physically get food
- Cannot prepare food at home
- Fast food choices are not optimal

Education

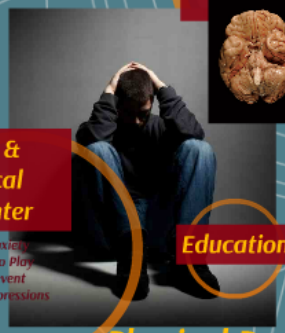


Student Athlete Post-Concussion

Physical Rest

Counseling & Psychological Services Center

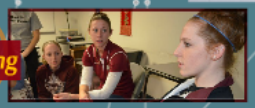
- Athlete is experiencing anxiety
- Apprehension to Return to Play
- Feeling overwhelmed by event
- Depression or suicidal expressions



Student Success Center

- Sensitivity to light and/or noise
- Can't focus in class or while studying
- Confused by class instructions

Mental Rest



Physical Rest

Prezi

Coordinating Multidisciplinary Post-concussion Care

Dr. Jordan Utley, PhD, LAT, ATC

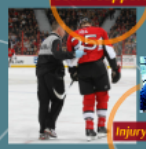
Coordinating Multidisciplinary Post-concussion Care

Dr. Jordan Utley, PhD, LAT, ATC

Athletic Training Room

- Athlete is evaluated & diagnosed
- Cognitive baseline tested
- Removed from Play
- Told to rest

Social Support



Injury Education

RTP Eval

Physical Rest

Mental Imagery

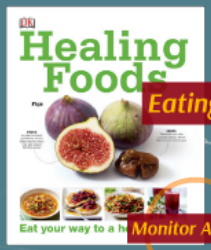
Mental Rest

Massage Chair

Stress Relief Center

- Headaches
- Stress
- Tight Muscles
- Trouble Sleeping
- Worry

Relaxation



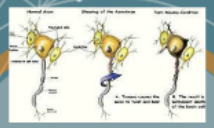
Eating for Healing

Nutritional Counseling

- Athlete doesn't feel like eating
- Unable to physically get food
- Cannot prepare food at home
- Fast food choices are not optimal

Monitor Activity

Education



Student Athlete Post-Concussion

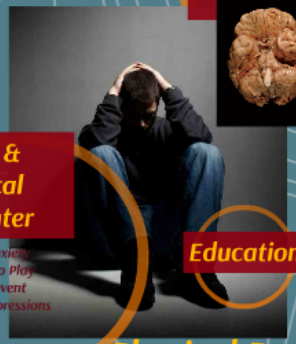
Monitor Hydration

Monitor Nutritional Intake

myfitnesspal

Physical Rest

Dietitian Evaluation



Education

Time to relax

Coping Skills

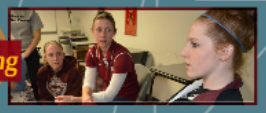
Counseling & Psychological Services Center

- Athlete is experiencing anxiety
- Apprehension to Return to Play
- Feeling overwhelmed by event
- Depression or suicidal expressions

Mental Rest

Social Support

Counseling



Physical Rest

IT'S OK

Define Current Learning Limitations

Testing

Limit Academic Activity

Physical Rest

Limit Time on Campus

Provide Modifications

Physical Load of attending class

Student Success Center

- Sensitivity to light and/or noise
- Can't focus in class or while studying
- Confused by class instructions

Formal Communication with Instructors

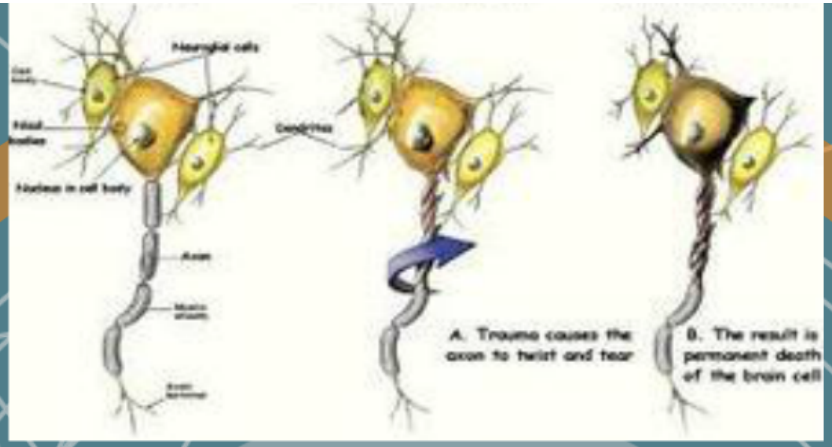
Record Lectures

LightScribe Pen

Provide Alternate Study Tools

Mental Rest

Prezi



Student Athlete Post-Concussion

Prezi

Athletic Training Room

- Athlete is evaluated & diagnosed
- Cognitive baseline tested
- Removed from Play
- Told to rest

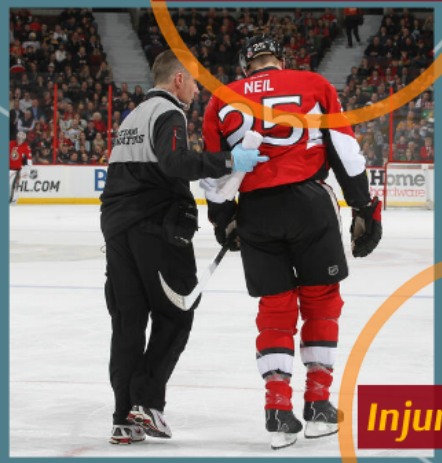
Prezi

Athletic Training Room

- Athlete is evaluated & diagnosed
- Cognitive baseline tested
- Removed from Play
- Told to rest

ImPACT®

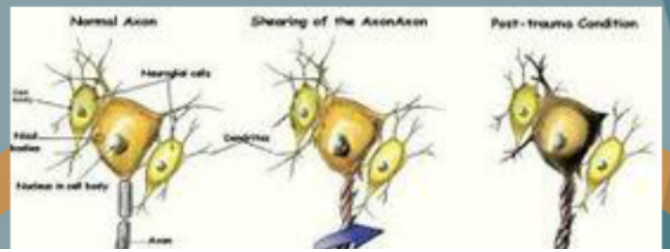
Social Support



RTP Eval

Injury Education

Physical Rest



Prezi

Stress Relief Center

- Headaches
- Stress
- Tight Muscles
- Trouble Sleeping
- Worry

Stress Relief Center

- Headaches
- Stress
- Tight Muscles
- Trouble Sleeping
- Worry

Mental Imagery

Mental Rest

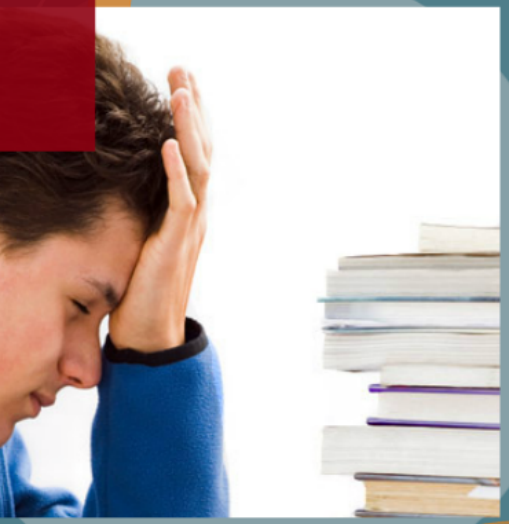
Massage Chair

Relaxation

Prezi

Student Success Center

- Sensitivity to light and/or noise
- Can't focus in class or while studying
- Confused by class instructions



Define Current Learning Limitations

Student Success Center

- *Sensitivity to light and/or noise*
- *Can't focus in class or while studying*
- *Confused by class instructions*

Formal Communication with Instructors

Record Lectures

LightScribe Pen

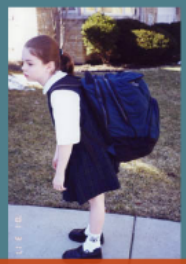
Testing

Limit Academic Activity

Physical Rest

Limit Time on Campus

Provide Modifications



Physical Load of attending class

Provide Alternate Study Tools

Mental Rest

Prezi

Counseling & Psychological Services Center

- Athlete is experiencing anxiety
- Apprehension to Return to Play
- Feeling overwhelmed by event
- Depression or suicidal expressions

Prezi

or Nutritional Intake

Dietitian Evaluation

Physical Rest

Coping Skills

Counseling & Psychological Services Center

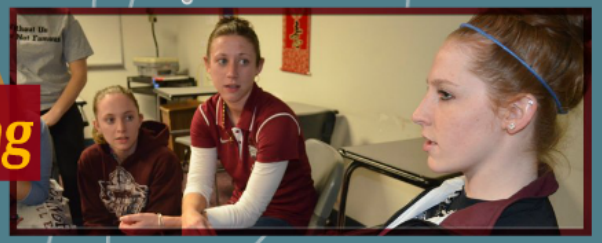
- Athlete is experiencing anxiety
- Apprehension to Return to Play
- Feeling overwhelmed by event
- Depression or suicidal expressions

Education

Mental Rest

Social Support

Counseling



Physical Rest

Prezi

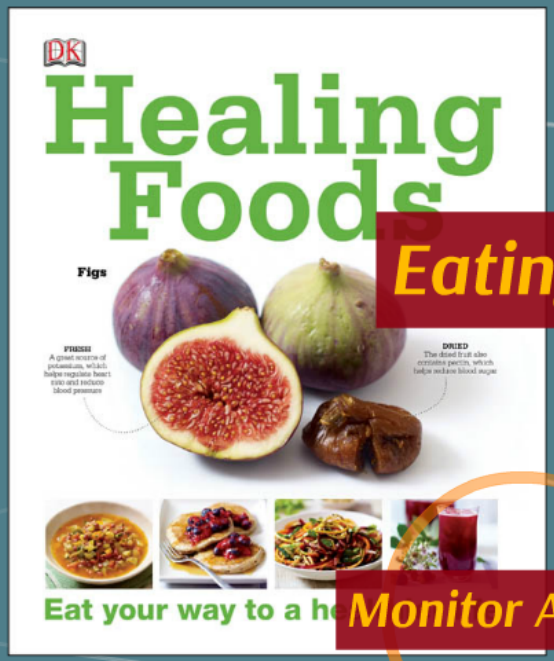
Nutritional Counseling

- Athlete doesn't feel like eating
- Unable to physically get food
- Cannot prepare food at home
- Fast food choices are not optimal

Prezi

Dietitian Evaluation

Dr. Jordan Otley, PhD, LAT, ATC



Eating for Healing

Nutritional Counseling

- Athlete doesn't feel like eating
- Unable to physically get food
- Cannot prepare food at home
- Fast food choices are not optimal

Monitor Activity

Education

Monitor Hydration

Monitor Nutritional Intake

Physical Rest

Dietitian Evaluation

Counseling &

Prezi

Coordinating Multidisciplinary Post-concussion Care

Dr. Jordan Utley, PhD, LAT, ATC

Athletic Training Room

- Athlete is evaluated & diagnosed
- Cognitive baseline tested
- Removed from Play
- Told to rest

Social Support

Injury Education

ImPACT

RTP Eval

Physical Rest

Mental Imagery

Mental Rest

Massage Chair

Stress Relief Center

- Headaches
- Stress
- Tight Muscles
- Trouble Sleeping
- Worry

Relaxation

Eating for Healing

Monitor Activity

Nutritional Counseling

- Athlete doesn't feel like eating
- Unable to physically get food
- Cannot prepare food at home
- Fast food choices are not optimal

Education

Student Athlete Post-Concussion

Monitor Nutritional Intake

Hydration

myfitnesspal

Dietitian Evaluation

Physical Rest

Time to relax

Coping Skills

Counseling & Psychological Services Center

- Athlete is experiencing anxiety
- Apprehension to Return to Play
- Feeling overwhelmed by event
- Depression or suicidal expressions

Education

IT'S OK

Physical Rest

Mental Rest

Social Support

Counseling

Student Success Center

- Sensitivity to light and/or noise
- Can't focus in class or while studying
- Confused by class instructions

Define Current Learning Limitations

Testing

Limit Academic Activity

Physical Rest

Limit Time on Campus

Provide Modifications

Physical Load of attending class

Formal Communication with Instructors

Provide Alternate Study Tools

LightScribe Pen

Record Lectures

Mental Rest

Prezi