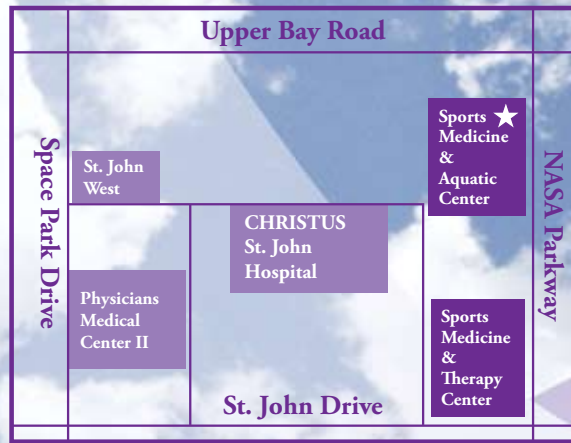


Concussion Facts:

- Approximately 1 to 2 million mild traumatic brain injuries are reported each year in the U.S. (According to the Center of Disease Control.)
- A concussion is an insult to the brain's physiology as the result of a blow to the head or body.
- A concussion can produce a mental status alteration and impair brain functions such as memory concentration, reaction time, and eye-hand coordination.
- Physical symptoms of concussion include headache, dizziness, blurred vision, fatigue and foginess. Signs and symptoms can vary from person to person.
- A concussion reflects a functional disturbance rather than a structural injury. Therefore, CT or MRI of the brain following a concussion is usually found to be normal, yet impaired brain function may have occurred.
- Concussions are not always associated with a loss of consciousness.
- Premature return to heavy physical activity or contact sports without proper evaluation and management could potentially result in permanent neurological injury, and in rare cases, death.
- When a concussion is suspected, the individual should cease sport participation until proper evaluation by a medical professional is conducted.
- With proper management, most individuals can make a complete recovery.



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CHRISTUS[®]
ST. JOHN
Hospital

www.christusstjohn.org

CHRISTUS St. John Hospital is an institution of CHRISTUS Health, one of the nation's leading health-care organizations. Since our founding more than a century ago by members of the Sisters of Charity of the Incarnate Word, we have been a healthcare provider with a difference. The CHRISTUS Health mission is to extend the healing ministry of Jesus Christ. Thus, in our corporate emblem, we have combined a medical cross and a religious cross. The following banner of royal purple symbolizes the risen Christ and our forward movement into a bold new era of service to you.



CHRISTUS
ST. JOHN
Sports Medicine



Concussion Center

Concussion Center

At the CHRISTUS St. John Concussion Center, the focus of care is to provide education on concussion prevention, in addition to an individualized approach to concussion management. As an individual recovers from concussion, clinicians can determine when it is safe for the patient to return to sport competition and work activities. Recommendations regarding return to play are based on symptom assessment and post-injury neuropsychological assessment.

CHRISTUS St. John Concussion Center participates in the ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) program. ImPACT is a 20 minute computerized test that provides sensitive information regarding neuro-

cognitive abilities which may be adversely affected by concussion. ImPACT is utilized by professional hockey, football, and baseball organizations, in addition to numerous colleges and high schools. Prior to contact sport participation, it is recommended that athletes undergo a baseline evaluation by taking ImPACT in order to determine each individual's personal neurocognitive profile. Should an athlete experience a concussion, he or she is retested and the post concussion data are compared against the baseline (pre-injury) data. Based upon the post injury evaluation, information can be shared with the patient and family members regarding the severity of the injury, prognosis, recommendations considering necessary academic or work related accommodations, and when determined safe, an eventual return to play.

In addition to sport concussion evaluations, CHRISTUS St. John Concussion Center is equipped to perform neuropsychological evaluations for a variety of referrals for children through older adults.

Summer D. Ott, Psy.D.

Summer D. Ott, Psy.D. joined CHRISTUS St. John Hospital in September of 2007 as the Clinical Director of the Sports Medicine Concussion Center. Dr. Ott received her doctorate in Clinical Psychology from Forest Institute of Professional Psychology in 2005. Prior to joining St. John Hospital, Dr. Ott completed a post-doctoral fellowship at the University of Pittsburgh, Center for Sports Medicine under the direction of nationally renowned sport concussion researchers and experts, Mark R. Lovell, Ph.D. and Michael W. Collins, Ph.D. As a fellow, Dr. Ott was involved in the post-concussion evaluation and management of professional, collegiate, and amateur athletes. Besides sports-related concussion, Dr. Ott also sees patients with concussions/head injuries sustained in work related injuries and motor vehicle



accidents, in addition to other neurocognitive syndromes such as stroke, and dementia.. Dr. Ott has co-authored several publications in the area of neuropsychological assessment. She has also participated in numerous national conference poster presentations and invited lectures. Research interests include post-traumatic migraine and gender differences in recovery from sports related concussion.

