

Title: CT Physical Therapist Sports Concussion Update

Presenter: Christopher DiPasquale, PhD, PT, OCS, SCS, CHT has been a practicing physical therapist since receiving his physical therapy degree from Quinnipiac University in 1984. At the University of Connecticut he received a MS in Allied Health Science in 1998 and PhD in Kinesiology in 2007. Chris is board certified in orthopedic and sports physical therapy as well as hand therapy. He is self employed in private practice at Performance Physical Therapy & Sports Medicine, Inc. in Hebron and Colchester CT and is an adjunct faculty member in the UCONN Physical Therapy Program.

Time Frame: 3 hours

Target Audience: Multiple

Description: This workshop will define concussion, concussion related syndromes and review the pathophysiology. The current evaluation, treatment and return to participation recommendations for sports related concussion will be presented. This will include a review of the supporting evidence or lack of supporting evidence. Practicing physical therapists will be able to incorporate this information into the evaluation and treatment of individuals that present with a concussion. APTAs focus on concussion regulation and current and proposed state and federal legislation and related scope of practice issues will be covered preparing physical therapists to engage in the “sports concussion regulation” debate.

Objectives:

At the conclusion of this workshop physical therapists will be able to:

1. Define concussion and related syndromes
2. Explain the pathophysiology underlying concussions and related syndromes.
3. Incorporate contemporary sports concussion evaluation recommendations into patient evaluation.
4. Apply current concussion treatment recommendations to patient treatment.
5. Return sports concussion patients to sports participation following contemporary protocols.
6. Apply presented sports concussion information to non-sports playing patients with concussion.

7. Explain that the evaluation and treatment of patients with sports related concussion is within the scope of practice of physical therapists.
8. Discuss existing and proposed legislation addressing sports related concussion.

References: Benefits of Strict Rest After Acute Concussion: A Randomized Controlled Trial. *Pediatrics* 2015;135(2). (e-published ahead of print, January 5, 2015)

The effects of a state concussion law on the frequency of sport-related concussions as seen in two emergency departments. Trojian et al. *Injury Epidemiology* (2015) 2:2. Retrieved from http://download.springer.com/static/pdf/893/art%253A10.1186%252Fs40621-015-0034-7.pdf?auth66=1427244564_fae3d2848d7c973937103c676a583410&ext=.pdf

Time to Re-think the Zurich Guidelines?: A Critique on the Consensus Statement on Concussion in Sport: The 4th International Conference on Concussion in Sport, Held in Zurich, November 2012. *Clinical Journal of Sport Medicine*: March 2014 - Volume 24 - Issue 2 - p 93–95

Concussion Guidelines Step 1: Systematic Review of Prevalent Indicators. *Neurosurgery* 75:S3–S15, 2014

American Medical Society for Sports Medicine Position Statement: Concussion in Sport. *Clinical Journal of Sport Medicine*: January 2013 - Volume 23 - Issue 1 - p 1–18

Summary of evidence-based guideline update: Evaluation and management of concussion in sports Report of the Guideline Development Subcommittee of the American Academy of Neurology. *Neurology* 2013;80:2250–2257

Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012. *Br J Sports Med* 2013;47:250-258

Concussion:

Purely a Brain Injury? *Clinical Journal of Sport Medicine*: September 2013 - Volume 23 - Issue 5 - p 331–332

Connecticut General Statutes Chapter 166 Sections 10-149b. (Training courses for coaches re concussions and head injuries. Development or approval by State Board of Education. Revocation of coaching permit) and 10-149c. (Student athletes and concussions. Removal from athletic activities. Revocation of coaching permit)

APTA Position: THE PHYSICAL THERAPIST'S ROLE IN MANAGEMENT OF THE PERSON WITH CONCUSSION
HOD P06-12-12-10

APTA Position: DEFINITION OF THE TERM SCOPE OF PRACTICE AND CLARIFICATION OF ASSOCIATION
ROLE BOD P04-14-05-03

Connecticut General Assembly 2015 Substitute House Bill 6722 AN ACT CONCERNING CONCUSSIONS IN YOUTH ATHLETICS Reported out of the Committee on Children. Retrieved from <http://www.cga.ct.gov/2015/FC/2015HB-06722-R000180-FC.htm>

United States 114th (2015 – 2016) Congress H.R. 829-SAFE Play Act. As retrieved from <https://www.congress.gov/bill/114th-congress/house-bill/829/text>

United States 114th (2015 – 2016) Congress S. 436-SAFE Play Act. As retrieved from <https://www.congress.gov/bill/114th-congress/senate-bill/436/text>