



Everything concussion: Speaker list

Welcome & opening remarks:

Abeed Hirji (Certified Vestibular Therapist, OT): 5 mins

- Concussions resolve spontaneously at least from a phenotypical expression
- Acute, subacute, and persistent symptoms may benefit from a multimodal/multidisciplinary approach
- Initial management and education is crucial to recovery...a trajectory changer!
- Proper clinical management is best form of prevention
- 7 R's & 3 keys

Dr. Noah Silverberg (Neuropsychologist) – Setting the stage: 25 mins

- What is a concussion? - Definitions, diagnostic criteria, and pearls for avoiding misdiagnosis
- Prognosis: expected recovery trajectory and modifying factors

Dr. William Panenka (Neurologist/Psychiatrist): 15 mins

- Pharmacological management of headaches and mood disorders
- Neutraceuticals

Dr. Tanya Cabrita (Sports Medicine Physician & Psychiatrist): 15 mins

- Medical clearance and return to sport/activity – When can or should the athlete/patient return?
- What other allied team members do you rely on or frequently consult with in helping to make return to play/activity decisions?
- Concussion symptoms can mimic other medical conditions. In your practice what other medical conditions do you come across that may mimic concussive symptomatology?

Dr. James Schmidt (Neuropsychologist): 10 mins

- Chronic Traumatic Encephalopathy (CTE): Should we be worried? What is it? What is it not?
- The “so called Second Impact Syndrome” – the risk of overlapping injuries?

Dr. Naznin Virji-Babul (PT, Ph.D): 10 mins

- Quick explanation of Neurometabolic cascade [Giza & Hovda graph] – concussion is a functional injury vs. structural injury
- Potential long term impacts of a concussion
- Factors that may delay or prolong recovery from a concussion past the ‘typical’ or ‘normal’ recovery time frame

Melina Kurtakis (PT): 5 mins

- ImpACT® testing: How is the ImpACT® utilized in the clinical setting as a piece of the puzzle?
- Can the ImpACT® serve as an effective tool to help quantify the injury and guide the management and RTP process, but not necessarily to make return to play or activity decisions?

Carol Kennedy (PT): 5 mins

- Role of the physiotherapist in concussion management
- Cervicogenic dizziness & cervicogenic headaches
- Should a PT be at a certain level of manual skill/ability/experience to competently assess and treat a concussed patient?

Abeed Hirji (Certified Vestibular Therapist, OT): 5 mins

- Role of the vestibular therapist in concussion management
- Post traumatic vertigo and dizziness (peripheral vs. central vs. non-vestibular causes)
- Clinical vestibular rehabilitation examination components & treatment components
- Differentiating between a trained vs. a certified provider

Dr. Kevin Loopeker (Neuro-Optometrist): 5 mins

- Role of the optometrist in concussion management
- Post traumatic vision syndrome
- Emphasis on visually induced dizziness and management

Cathey Schurmans (KIN): 5 mins

- Role of the Kinesiologist in concussion management
- Buffalo Concussion Treadmill Test (BCTT)
- Aerobic exercise & TBI

Stefan Iorio (PT): 5 mins

- Exercise prescription for a concussed athlete/patient: what can it look like?
- Clinical pearls?

Tara Trethewey (OT): 5 mins

- Role of the Occupational Therapist in concussion management
- Functional cognition? How does this differ from cognition assessed by a neuropsychologist?
- Return to work clinical pearls– what are typical modifications and progressions made for returning a concussed patient back to work?
- What should we be mindful of when returning a concussed patient back to work?

Dr. Sandy Johal (Neuro-Optometrist): 5 mins

- What to make of oculomotor findings in concussed patients (i.e. smooth pursuits, saccades, convergence, etc.)
- What is convergence insufficiency – how can this be treated?

Vanja Mudrinic (Clinical Counselor): 5 mins

- Role of the clinical counselor in concussion management
- Adjustment to concussion – effective treatment strategies that have worked in your practice?

Dr. Fahara Mawani (Neuro-Optometrist): 5 mins

- Brain Injury Vision Symptom Survey (BIVSS): when may a referral to a Neuro-Optometrist be indicated based on the scoring of this measure?

Dr. Shelina Babul (Ph.D): 10 mins

- Concussion Awareness Training Tool (CATT)

In addition to all of the above speakers/clinicians the following clinicians are also planning to participate as panel members:

- **Dr. Larissa Mead-Wescott (Neuropsychologist)**
- **Lauren Yuen (OT)**
- **Jillian Thomas (KIN)**
- **Anne Marsden (OT)**

Closing remarks:

Melina Kurtakis (PT): 5 mins