

What is a concussion?

A concussion is a traumatic brain injury. It doesn't matter if you're an athlete or not; if untreated, a concussion can result in serious, sometimes permanent damage.

Symptoms can begin right away or a few days after the concussion.

Know when to get help.

If you or someone you know experiences any of the following after a blow to the head, body or whiplash injury get help immediately.

- Headache, nausea or vomiting
- Balance problems or dizziness
- Significant drowsiness
- Unusual sensitivity to light or noise
- Vision changes
- Neck pain
- Confusion or difficulty concentrating
- Sudden memory problems
- Repeating the same words or phrases
- Feeling "in a fog"
- Loss of consciousness
- Personality changes
- Increased irritability
- Seizure activity

ROCHESTER
 REGIONAL **HEALTH**

Neuroscience Institute

 2655 Ridgeway Ave.
 Ste. 420
 Rochester, NY 14626

 2619 Culver Rd.
 Ste. 2A
 Rochester, NY 14609

585.922.1212

[rochesterregionalhealth.org/
 concussion](http://rochesterregionalhealth.org/concussion)

CONCUSSION PROGRAM



The region's first concussion
 program for everyone

For athletes
For families
For you

Rochester Regional Health Concussion Program

Concussions can happen to anyone, anywhere — on the road, on the job, at home or on the athletic field.

A concussion, no matter where it happens or who you are, is still a concussion. When you think you have a concussion, we can help.

As part of Rochester Regional Health's Neuroscience Institute, the Concussion Program includes experts in neurology, neurosurgery, neuropsychology, orthopaedics, sports medicine, physical medicine and rehabilitation, physical therapy, occupational therapy, speech therapy, vestibular (balance) therapy and imaging.

Our experts customize a care plan to your needs so you can recover as completely, quickly and safely as possible.

**Call the Rochester Regional Health
Concussion Program at:**

585.922.1212

We accept all insurances and financial assistance is available.

What we do:

First, our concussion experts will evaluate you. Depending on your symptoms, your initial visit may include:

- Physical exam
- Balance assessment
- Comprehensive neuropsychological evaluation

Our physicians will then develop and manage a care plan customized to you, often including:

- A *return-to-work*, *return-to-play* or a *return-to-learn* protocol
- Referral to other Rochester Regional Health specialists
- Physical, vestibular (balance), occupational and speech therapy
- Pharmacological treatment
- Multiple concussion management
- Prevention education

Our team will schedule follow-up appointments based on your physician-guided plan.

Our physician team:

Neurosurgery

Anthony L. Petraglia, MD
Executive Director, Concussion Program

Sports medicine

Christine Blonski, DO
Medical Director, Concussion Program
Daniel Day, DO

Neuropsychology

Krista Damann, PhD
Marc Gaudette, PsyD
Tanya Grace, PsyD
William Schneider, PhD

Physical medicine and rehabilitation

Geraldine Dapul, MD, MA
Nithyanandini Namassivaya, MD
Nathan Odom, MD
Cecilia Ransom, MD

Certified vestibular therapists

Kelly Schauf, MS, PT
Lynn Wood, PT

