

## PSM: Concussion Clinic

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Information to help you know when to visit the Concussion Clinic.

### What is concussion?

Concussion is often a dramatic and alarming injury that presents suddenly and usually resolves quickly. However, it can occasionally have longer lasting effects including reduced concentration, prolonged headaches, dizziness, as well as potential behavioural and emotional consequences.

Concussion is not an injury that can easily be diagnosed with current imaging techniques, and therefore requires a systematic and holistic management approach by individuals who are experienced in dealing with such injuries. It is particularly topical at present given the number of recent high profile concussions occurring in the elite sporting environment.

### What is our Concussion Clinic?

The Concussion Clinic offers rapid access to a group of skilled adult and paediatric healthcare professionals including Sports Doctors, Physiotherapists, Osteopaths, Neuro-radiologists, Neurologists, Vestibular (balance) Therapists, Psychologists and Neuropsychologists as required.

The clinic caters for Children (12 years and over), as well as adults and is coordinated by a group of clinicians experienced in the management of concussion and its associated conditions.

### Who can help?

#### **Sport, Exercise & Musculoskeletal Medicine (SEM) Consultant support:**

The Sports Doctor will make an initial assessment of the concussion, based on history, examination and specialist "neurocognitive" testing. This will provide a baseline and highlight any symptoms which may require onward investigation or referral for specialist input, i.e. Brain MRI for persistent headache.

The SEM Consultant will provide initial advice on symptom management, return to school/work and return to sport. Follow up appointments may be necessary to assess recovery and facilitate a successful return to a normal active life.

#### **Physiotherapy and Osteopathy support:**

Physiotherapists and Osteopaths can work with you to help with the physical symptoms of concussion from headache and dizziness to visual disturbances and balance disorders.

Manual therapy, exercise therapy and return to play advice are used to return patients suffering from concussion back to sport and daily activities safely and effectively.

### **Our Team:**

#### **Dr Dan Brooke, Consultant in Sport, Exercise & Musculoskeletal Medicine**

Dr Dan Brooke is a Consultant in Sport, Exercise & Musculoskeletal Medicine with a specialist interest in Tendinopathy, Concussion, Ultrasound guided injections, Rugby Medicine and Hockey Medicine. He is the current President of the Sport and Exercise Medicine section of the Royal Society of Medicine in London, and was previously elected registrar representative to the Faculty of Sport and Exercise Medicine Council UK. Dr Brooke works with Ealing Trailfinders RFC and England men rugby U20s as the Lead Doctor. He is the Chief Medical Officer for British Skeleton, Sports physician for the English Institute of Sport in Bath, Doctor for GB and England hockey team, and Match day Doctor for the RFU and Premiership Rugby.

#### **Dr John Etherington CBE, Medical Director & Consultant Rheumatologist**

Dr John Etherington is a Consultant Rheumatologist and the Medical Director at Pure Sports Medicine. His specialist interests include Rheumatology, Sero-negative Arthritis, Ankylosing Spondylitis, Reactive Arthritis, Psoriatic Arthritis, Rehabilitation in Complex Injury Assessment and Management, Covid-19 Rehabilitation and MSK Conditions such as Bone Health & Bone Stress Injuries. He is the current President of the Faculty of Sport and Exercise Medicine UK and has worked with the Armed Forces as the Director of Defence Rehabilitation and Defence Consultant Advisor in Rheumatology. He has also worked in Rehabilitation and Sport and Exercise Medicine for NHS England as was the National Clinical Director for Rehabilitation and Clinical Director at the Defence Rehabilitation Centre, Headley Court.

#### **Theo Farley, Physiotherapist, Kensington**

Theo Farley is a Physiotherapist with a clinical interest in concussion and conditions of the neck and shoulders. Theo has 10 years of experience working in private practice and elite sports and has masters degrees in Sports Medicine and Advanced physiotherapy. Alongside Theo's work at Pure Sports Medicine he works with Team GB athletes at the National Sports Centre where he treats a range of conditions with an emphasis on neck and concussion rehab.

#### **Richard Skudder, Osteopath, Kensington**

Richard Skudder is an Osteopath with a special interest in neck injuries, functional neurological issues including dizziness and concussion. Richard qualified with a first



and prizes in 2002, It was at this time he first developed an interest and started specialising in this area, he has been successfully treating these issues both in elite sport and the general population since. He has taught Osteopathy in both the UK and New Zealand.