

## Pure Sports Medicine

### When to Visit the Concussion Clinic

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#### **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?**

##### **Sports Doctor 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 Doctor 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 James Thing, Canary Wharf](#)**

Dr James Thing is a Sport and Exercise Medicine consultant who has a specialist interest in sports concussion. He works as a pitch side doctor at Harlequins FC (Rugby Union) and has worked with the England U16 rugby team. He was awarded the Bauerfeind Travel fellowship in 2013 and attended the Boston Children's Hospital Paediatric Concussion Clinic, one of the world's first paediatric sports concussion centres.

### **[Dr Mike Bundy, Kensington & Raynes Park](#)**

Dr Mike Bundy is a Consultant in Sport and Exercise Medicine who has many years of experience of rugby and concussion at the elite level. He was team doctor for London Irish rugby for seven years, then England Saxons and 7's doctor for 6 years and then the Senior England rugby team doctor for 5 years ending in 2012. He was involved in the concussion assessment of players during the recent RWC 2015. He also has extensive experience in adolescent sports medicine and manages school pupils with concussion regularly.

### **[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.