

Abstract for Asia-Oceanian Conference of Physical & Rehabilitation Medicine

Title

Multidisciplinary Concussion Rehab: A unique approach to returning a teen athlete to school and daily activities following sports concussion.

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Background

ABI Community Services Wellington provides rehabilitation for concussion using a multidisciplinary team approach.

This case presentation relates to a 13-year-old boy who was referred to concussion clinic following two concussions during one rugby season. Services were targeted to enable him to return to school, sports and social/ family life.

A multidisciplinary and factorial approach was identified as a way to assist him to re-engage in pre-injury learning, sports and daily activities in a graduated manner to reengage in daily life.

Method

Case presentation of intervention for this client will be used to show the benefits of including a functional approach to return to learn, sport and activities of daily living.

Assessment and treatment followed the following pathway;

- Initial assessment screen to collect self report of difficulties, SCAT Parent report, Child report. Vestibulocular assessment and treatment
- Buffalo Concussion Treadmill Testing for diagnostic confirmation and return to sports guidance via a sub-threshold exercise programme
- Daily activity and fatigue logs to assess routine and engagement
- Multidisciplinary team meeting and assessment of clients needs – request for paediatric rehabilitation specialist review
- Meeting with family and school to plan recovery/interventions

Results

Completing rehabilitation within a multidisciplinary rehabilitation team which included family members and school allowed him to transition back to usual roles. This mode of treatment allowed for complex problem solving and a client centred approach to concussion management

Conclusion

A functional, MDT approach to teenager sports concussion, resulted in a successful return to learn and play.