

Better Moment #37

# CONCUSSION-FREE.

Whether you've experienced a fall, suffered a head injury or were in a motor vehicle accident - we will help you on your road to recovery from your head to your toes! Maximize injury recovery with an integrated whole-body approach to concussion management. Protect yourself starting with a thorough baseline concussion test, and return to school, work or play safely by re-training your brain and body. **To learn more, visit our website at [www.honsbergerphysioplus.com](http://www.honsbergerphysioplus.com)**

**BUILDING  
A BETTER  
YOU**

## PREVENTION

### Baseline Concussion Testing

- + ACTIVE EVALUATION
- + VISION TESTING
- + NEUROCOGNITIVE TESTING
- + BALANCE & COORDINATION

### TEAM PROGRAMS

Our **Baseline Concussion Testing** is available in our clinics, or at your location for school sports, community groups and teams of all sizes and levels.

## EVALUATION

### Whole-Body Rehabilitation & Active Concussion Recovery



Cognitive



Vision



Balance



Spine



Soft Tissue



Body Alignment

## RECOVERY

### Effectively Managing Your Road to Recovery

- + NEUROCOGNITIVE TRAINING
- + MANUAL THERAPY
- + ACTIVE MANAGEMENT
- + EDUCATION + COMMUNICATION
- + RETURN TO SCHOOL, WORK + PLAY

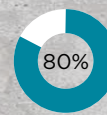
### DID YOU KNOW?



Females are at greater risk of prolonged injury



92% of repeat concussions occur within 10 days of the initial injury



Nearly 80% of concussions take under two weeks to resolve

## EDUCATION

### Learn How to Manage Concussions

Concussion workshops for coaches, educators, teams, workplaces and community programs to learn about managing and preventing concussions in sport, work and everyday life.

## SYMPTOMS



**COGNITIVE**  
Fogginess  
Forgetfulness  
Confusion



**PHYSICAL**  
Headache  
Nausea  
Dizziness



**EMOTIONAL**  
Irritable  
Sadness  
Nervousness



**SLEEP**  
Drowsiness  
Sleeping more  
Sleeping less