

REFER A PATIENT

Choose one of these three convenient ways:

- Submit an internal referral through Epic.
- Call us with the referral at (866) 402-2753 or (217) 383-4040.
- Fax a prescription to (217) 383-6176.

INSURANCE

Patients should contact their insurance provider to determine coverage before making an appointment.

LOCATIONS

Carle Orthopedics and Sports Medicine
2300 S. First St., Champaign, IL
(217) 383-9500

Carle Urbana North Annex
810 W. Anthony Dr., Urbana, IL
(217) 383-3400

Carle Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-217-383-2543.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-217-326-0340.

12205K



Concussion Rehabilitation

CARLE THERAPY SERVICES





We provide in-depth evaluation of patients diagnosed with concussion.

This evaluation assesses multiple systems, including ocular, vestibular, cervical, physiologic, cognitive, balance, mood and anxiety.

SIGNS TO LOOK FOR IN PATIENTS:

- Headache
- Neck pain
- Dizziness
- Nausea
- Foggy
- Poor concentration
- Impaired memory
- Changes in mood/affect
- Fatigue
- Irritability, depression, anxiety
- Disruption in sleep

RISK FACTORS THAT CAN DELAY RECOVERY:

- Younger, female, previous concussion(s).
- Pre-existing history of headaches/migraines, sleep disorders, anxiety, depression, mood disorders, motion sensitivity, ADD/ADHD or learning disabilities.
- Family history of the above is linked with delayed recovery.

SYMPTOMS REPORTED THAT CORRELATE WITH DELAYED RECOVERY:

- On-field dizziness. (6.4x more likely to have delayed recovery)
- Loss of consciousness.
- Retro or post amnesia.
- Migraine/fogginess in first week post injury . (7.3x more likely to have delayed recovery)

Studies support initiating rehab in adults as early as three days and youth 14-21 days post injury.

Patients who have symptoms longer than three weeks may benefit from referral to physical therapy.