

SPORTS MEDICINE CONCUSSION CLINIC

"Everything we do, every thought we've ever had, is produced by the human brain. But exactly how it operates remains one of the biggest unsolved mysteries, and it seems the more we probe its secrets, the more surprises we find."
...Neil deGrasse Tyson



At Nova Southeastern University (NSU), community, innovation, and student centeredness are terms embedded within our core values. Our sports medicine program is driven by an interdisciplinary team of health care providers responsible for providing care to NSU athletics programs and the surrounding community.

SPORTS MEDICINE CONCUSSION CLINIC
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LAILAH ISSAC, D.O., is a team physician for NSU and a board-certified physiatrist. She graduated from Ohio University Heritage College of Osteopathic Medicine and completed her residency training at Sinai Hospital in Baltimore, Maryland. She joined the NSU-KPCM faculty upon completion of her sports medicine fellowship at NSU.

MICHELLE JOHNSON, D.O., is a board-certified family medicine physician who serves as an assistant professor of family medicine and public health. Prior to becoming a physician, she worked as a certified orthotist/prosthetist. She earned her Doctor of Osteopathic Medicine degree at Midwestern University in 1996 and has provided medical/concussion care in the Sports Medicine Clinic since January 2016.

ROODY JOSEPH, PT, D.P.T., OCS, physical therapist for NSU sports medicine and assistant professor, received his doctorate in physical therapy from Florida International University in 2012. He joined the NSU Dr. Kiran C. Patel College of Osteopathic Medicine faculty in January 2016 after completing an orthopaedic physical therapy residency program at The Ohio State University.

LISA LASHLEY, Psy.D., is the team neuropsychologist for NSU sports medicine. She also evaluates active and retired professional athletes for acute and chronic concussion symptoms. She earned her doctorate in clinical psychology, with a focus in neuropsychology, from Nova Southeastern University and joined NSU as a clinical faculty member in 2011.

ALESSANDRA POSEY, D.O., is chair of the Department of Sports Medicine, assistant professor of osteopathic principles and practice, and is board certified in family medicine and sports medicine. She is a graduate of Lake Erie College of Osteopathic Medicine. After finishing her family medicine residency training at Palmetto General Hospital, she completed her sports medicine fellowship at NSU.

NOVA SOUTHEASTERN UNIVERSITY | **NSU**
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Dr. Kiran C. Patel College of Osteopathic Medicine
College of Psychology
Dr. Pallavi Patel College of Health Care Sciences
College of Optometry

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Concussion management is one of the many areas of focus at Nova Southeastern University's Sports Medicine Clinic.

Our core concussion treatment team consists of a physician, a physical therapist, athletic trainers, and a neuropsychologist.

WHAT IS A CONCUSSION?

It is an uncompensated injury to the brain caused by shaking of the brain within the skull due to a forceful blow. In sports, this may occur during

- player-to-player contact
- player-to-surface contact with grass, hardwood, ice, and/or equipment (e.g., baseball bat or soccer ball)

Concussions change the normal function of the brain and present differently for every athlete. It's important to note that loss of consciousness does not have to be present for a concussion to occur.

CONCUSSION CLINIC TEAM ROLES

Physician

- leads and collaborates with the broader sports medicine team, which includes psychologists, vision therapists, specialty physicians and surgeons, nutritionists, and strength and conditioning coaches
- assists with evaluation, sideline management, and rehabilitation

Physical Therapist

- manages symptoms lasting longer than 10 days (known as post-concussion syndrome)
- assists with evaluation, rehabilitation, and consultation on return-to-play progression
- vestibular-ocular rehabilitation

Neuropsychologist

- administers paper- and pencil-based neuropsychological assessment
- assists with evaluation and rehabilitation

HIGH-RISK SPORTS

- football
- girls' soccer
- boys' lacrosse

TRENDS

- Studies show a steady increase in concussion rates over time.
- Girls are two times more susceptible to suffering a concussion than boys in similar sports.

SIGNS AND SYMPTOMS

Injury leads to poor regulation within brain cells, causing symptoms such as

- confusion
- dizziness
- fatigue and seizures
- headaches
- poor balance
- poor concentration and memory (possibly lifelong)
- visual disturbance

(The most commonly reported symptoms are headaches, difficulty concentrating, and fatigue.)

SERVICES PROVIDED

- medical evaluations
 - conducted by a sports medicine specialist
- ImPACT testing from credentialed consultants
 - measuring reaction time and information processing
- neuro-psychological examination
 - tailored with direct clinical observation
- vision therapy
- vestibular, ocular, and balance therapies
- exertion testing
- return to sport progression
 - based on current best evidence

