



# Concussion Rehabilitation

## What is it?

Symptoms after a concussion can be multifactorial, originating from many different systems.

Our Telemedicine Concussion rehabilitation service is a specialised and individualised assessment and treatment service.

Each Tag summarises aspects we can help with!

Symptoms associated with exercise, temperature disturbance, difficulty with returning to sport/exercise.

### Autonomic



Ongoing neck pain, stiffness, soreness around neck musculature.

### Neck



Difficulty with sleep/wake cycles, need for naps during the day.

### Sleep/Fatigue



## Concussion Rehab

Our specialist concussion rehab physiotherapists have a highly specific and select set of skills that can help patients recover quicker and faster from the various issues that may occur due to a concussion or head injury.



### Vestibular

Symptoms of dizziness, motion sensitivity or imbalance.



### Visual

Symptoms arising from the eyes, screens, concentration, difficulty focusing.



### Return to Sport

We work alongside our concussion assessment service to help guide return to play and all the things you enjoy!



### Support

Access to ongoing medical support and onward referrals as required.

### ***How the service is accessed?***

- Through a referral from a Return2Play doctor at your concussion clinic appointment
- Via a consultant or GP external referral sent to [support@return2play.org.uk](mailto:support@return2play.org.uk)

### ***How do I make an appointment?***

If you have been referred by a Return2Play clinician, our office team will be in touch to help book you an appointment or alternatively email [support@return2play.org.uk](mailto:support@return2play.org.uk).

### ***How is the appointment accessed?***

Once an appointment has been booked, an email will be sent with confirmation of the date and time, cancellation details, and information on how to access the online telemedicine appointment.

With the booking confirmation, you will receive a link to a questionnaire that our therapists need completed within 24 hours of your appointment.

All these appointments are carried out remotely through the same system we use for our head injury and concussion service. Just before the time of the appointment, click on the link received in the confirmation email or the reminder email, select the practitioner you are due to see, and you will enter their virtual waiting room.

### ***How is this service paid for?***

This service has a cost of £75 for an initial appointment and £50 for any future review appointments. Each appointment is charged directly to the pupil, parent, or player. During the booking process, there is an option to pay in full for the service, or alternatively, you can supply your insurance information (listed below), as we accept all major insurance companies.

## ***Cancellation/ Missed Appointments***

Cancellations within 24 hours of the appointment, or missed appointments, will incur a full charge.

## ***Information needed at time of booking:***

- Name
- Email Address (to receive the booking confirmations and reminders)
- Date of Birth
- Address
- Comments Section
  - Please input all the insurance information (as listed below) and any additional information on the injury sustained.

If you are using your insurance to pay for the service, you will be required to supply the following information:

- Insurance Company
- Full Name on the policy
- Date of Birth
- Address associated with the policy
- Membership Number
- Authorisation Number

Failure to supply the correct information will result in the full cost of the appointment being charged directly to the client. If you are using your insurance, please ensure you have received authorisation prior to booking.