

Baseline Concussion Testing FAQ's

Q: Is this mandatory? Will you be not allowing players to play if they don't participate in these tests?

A: At this point we haven't made it mandatory, we are just really hopeful that people will understand the importance of this. Here is an article explaining more of the information on the benefits of baseline testing - <https://completeconcussions.com/baseline-concussion-test-athletes-need-one/>

Q: Do physios or chiropractors conduct the tests?

A: The players will be going through a series of tests and there will be physios and chiro's conducting those tests.

Q: Will extended medical plans cover this and subsequent visits?

A: Yes, as long as the extended health has Chiro or Physio coverage, insurance will cover this.

Q: What if a player can't make the individual team session?

A: If an individual can't make it, the best thing to do is call the clinic and they will have them join one of the other teams. If a player cannot make it, the team managers should let Strive know so the clinic knows how many to expect.

Q: Parents already feel like they pay a lot of the soccer fees and don't want to pay more.

A: With all the education around concussions in the recent years we think this is an important step to help with player safety. At this point we have not made it mandatory, but are hoping that parents will understand the importance of it. Many families will be able to claim the fees back through extended medical.

Q: If a player receives a concussion and goes to the clinic who in the club is monitoring safe play back?

A: The specially trained clinicians at Strive will be communicating directly with the coaches on the status of the return to play of the player. The coaches/trainers will also have access to an APP which will give all the details of the players progress and stages in the return to play. For more information on the app, click here <https://completeconcussions.com/clinical-services/concussion-tracker/>

Q: Why would a player need to go for treatment? Don't they just rest until they feel better?

A: Although rest is beneficial the first couple of days, prolonged rest can delay recovery. There are various types of treatments the clinicians at Strive will take the players through. They can be given visual rehab, vestibular (balance/coordination/dizziness) rehab, nutritional information, neck treatment, as well as a guided gradual return to exercise. This will help facilitate optimal recovery and return to sport.

Q: Should we get a suspected concussion assessed right away or wait to see if the symptoms go away?

A: It is very important to get to the clinic for an assessment as soon as you can. Research shows that early diagnosis and management leads to a quicker recovery. This will also allow the clinicians at Strive to rule out any potential serious complications.