

## **CONCUSSION REFERENCES**

Pre-season Distribute to everyone:

App: Concussion Ed (Parachute)

<http://www.parachutecanada.org/injury-topics/topic/C9>

Pre-season Education Sheet

[http://www.parachutecanada.org/downloads/injurytopics/PreSeason-Education-Sheet\\_Parachute.pdf](http://www.parachutecanada.org/downloads/injurytopics/PreSeason-Education-Sheet_Parachute.pdf)

ACA Concussion Protocol and References

[http://alpinecanada.org/uploads/documents/2017-2018\\_Concussion\\_Policy-PTSOclub.pdf](http://alpinecanada.org/uploads/documents/2017-2018_Concussion_Policy-PTSOclub.pdf)

SCAT5, ChildSCAT5, Pocket Concussion Recognition Tool

<http://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097506SCAT5.full.pdf>

<http://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097492childscat5.full.pdf>

<http://www.parachutecanada.org/downloads/resources/CRT5.pdf>

The whole package:

[http://www.parachutecanada.org/downloads/injurytopics/Canadian\\_Guideline\\_on\\_Concussion\\_in\\_Sport-Parachute.pdf](http://www.parachutecanada.org/downloads/injurytopics/Canadian_Guideline_on_Concussion_in_Sport-Parachute.pdf)

Prolonged signs and symptoms:

Shift Concussion –Find a Provider

<https://www.shiftconcussion.ca/>

Erin Smith – to help with referrals [www.totemwellness.ca](http://www.totemwellness.ca)

Podcast info:

<https://www.alpineontario.ca/?s=podcast+erin&x=0&y=0>

Empowering the family and patient:

Nutraceuticals:

- Organic electrolyte beverages as the only beverages for 1<sup>st</sup> 72 hours
- Home made or coconut water (for neurological inflammation)
- Omega 3 fats – foods and/or supplements
- Macronutrients – a neurological rehab protocol like Atkin's or Low GI, Omega 3s, Vit C

EMFs lowered as much as possible

Eye stretching to relax the eyes and neck

Dental Protector