



BASELINE CONCUSSION SCREENING PROGRAM

LifeMotion Physical Therapy is part of the medical management team for West Side Alliance Soccer Club. We have developed a Concussion Management Program designed to keep soccer players healthy and safe while enjoying the game they love. This is a comprehensive program that involves:

- baseline testing
- evaluation of suspected concussion
- treatment for deficits caused by a concussion
- and a complete return to play protocol.

What is Baseline Testing?

We have partnered with SWAY Medical who designed an app that tests balance, reaction time, and cognitive abilities. Through using this simple app on your iPhone or Android, we can record important baseline data that gives us objective measurements. These measurements are compared to normative data based on your age group. The test takes 20-25 minutes and goes through a series of 4 tests. You repeat this trial 3 times to establish the baseline. This data is stored in LifeMotion's SWAY account and can be accessed at any time as well as sent to physicians, trainers and coaches.

What is the purpose of testing?

If a concussion is suspected and we have baseline data, we can compare the scores and determine if there is a significant difference. For example, if Susie's initial balance score is 95%, then she takes a hit to the head and her retest after the hit is a 70%, we know that she has had a significant change in status. We also know that we need to help her through therapeutic exercise and proper concussion management to return to her baseline before returning to soccer. It is important to understand that poor balance as a result of a concussion can lead to secondary orthopedic injury if not properly addressed.

Our physical therapy team is certified to evaluate and treat concussions, and we have great success helping athletes return to sport at their top level. We are here to help you, so please don't hesitate to reach out to our office with any questions or concerns at 918-574-2575 or at www.yourlifemotion.com.