Return to Life: Management of Sports Concussion Multidisciplinary approach and Community Impact

**Speaker(s):** Lenore Herget PT, DPT, SCS, Med, CSCS

**Session Level:** Intermediate

**Description:** This course will focus on the multi-system involvement, not limited to oculomotor, vestibular, orthopaedic and cardiovascular, in the assessment and rehabilitation of the concussed athlete. The complexity of how each of these systems contribute to impairments and functional limitations will be defined. The most up to date research on evidence based assessment tools will be presented as well as best practice tools for rehabilitation. Additionally, the course will illuminate gaps in knowledge and where more research is needed. It will discuss opportunities to collaborate with providers in other disciplines for the more inclusive management of the concussed athlete and how communication with schools, families and work places is integral to the overall success of their recovery. Examples of how to participate in meaningful community outreach programs to aid in decision making around safe return to play will be provided.

**Learning Objectives:**
1. Describe how the pathophysiology of a concussion affects the oculomotor and vestibular systems.
2. Identify how variations in visual and vestibular rehab are tailored to specific school, work and sport requirements.
3. Categorize patients diagnosed under the concussion spectrum into treatment paradigm groups.
4. Discuss why balance is so heavily affected initially after sustaining a concussion and how we might be able to better capture higher level balance impairments when standard test results are normal.
5. Recognize when it’s appropriate to collaborate with and refer to providers from other disciplines, including neuro-optometry, otolaryngology, neuropsychology, sport psychology, physiatry and neurology.

**Speaker Bio:**
Dr. Herget is a Senior Physical Therapist, Sports Clinical Specialist, Certified Strength and Conditioning Specialist, Certified Clinical Instructor and Certified Emergency Medical Responder at the MGH Sports Medicine Center. She serves as the Rehabilitation Consultant to the MGH Sports Concussion Clinic, Boston Bruins, Home Base Program and is a member of the New England Patriots Medical Staff. She received her Bachelor of Arts degree in Theatre and Psychology from Wheaton College in 2000, her Masters in Education degree from SUNY in 2005 and her Doctor of Physical Therapy degree from MGH Institute of Health Professions in 2009.

Dr Herget’s practice includes rehabilitating athletes who have sustained a sports concussion, most specifically evaluating and treating high school through...
professional level athletes with concussions and assisting in their safe return to play. Her research has focused on management of athletes with post-concussion syndrome and the efficacy of pre-season and post-season visuo-vestibular testing to aid in return to play decision making as well as managing care for the female athlete triad diagnosis. She has lectured nationally on the topics of concussion and the non-acute management of athletes with post-concussive syndrome. Her clinical expertise is in the cervicogenic contributions and visuo-vestibular treatment of athletes who sustain concussions as well as the progression of exercise through exertional protocols. Additionally, Dr. Herget focuses her orthopaedic practice on the biomechanical assessment and management of lower quarter injuries.