

ISEH INSTITUTE
OF SPORT
EXERCISE
& HEALTH



CONCUSSION CLINIC

WITH YOU 100%

THE INSTITUTE OF SPORT, EXERCISE AND HEALTH

The Institute of Sport, Exercise and Health (ISEH) was formed in 2013 as a partnership between UCLH (University College London Hospitals, NHS Foundation Trust), HCA Healthcare UK, UCL, the English Institute of Sport and the British Olympic Association, combining the leading minds of the healthcare, research and education sectors.

Our mission is to provide excellence in the diagnosis, prognosis and treatment of sports injuries and illnesses, whilst bridging the gap between elite sport and recreational physical activity to support the improvement in the health of the nation.



**WORLD-RENOWNED
SPECIALISTS IN SPORT
AND EXERCISE MEDICINE**

AT THE FOREFRONT OF OUTSTANDING CARE

The ISEH is internationally recognised for its concussion expertise. We provide care to the world's best athletes in a wide range of sports including professional rugby, premiership football, Olympians, motorsport and world champion boxers, and we have successfully supported them in returning to competition.

The ISEH is also recognised for its care of adolescent athletes (12-18 years of age) who have suffered a concussion that is negatively impacting their quality of life, schoolwork and extra-curricular activities.

ISEH CONCUSSION CLINIC

EXPERTS IN BRAIN INJURY AND ITS CONSEQUENCES

The ISEH Concussion Clinic is a world-leading, one-stop multidisciplinary clinic for professional and amateur athletes with concussion-related issues.

We have established a multimodal pathway leading to an individualised management plan that can be implemented through multidisciplinary therapists and primary care providers.

YOUR RECOVERY OUR KNOWLEDGE

In collaboration with the National Hospital for Neurology and Neurosurgery, we can assess and manage athletes with brain injury, prolonged symptoms after concussion and concerns regarding cognitive issues.





OUR VISION IS TO BECOME THE WORLD'S LEADING INSTITUTE FOR SPORTS AND EXERCISE MEDICINE BY 2030



WHAT IS CONCUSSION AND HOW IS IT RECOGNISED?

A concussion is a traumatic brain injury caused by a direct blow to the head, face, neck or an indirect force such as a hit to the body. Concussion typically results in rapid neurological dysfunction that often resolves spontaneously, although in some cases signs and symptoms may take several hours to evolve.

Contrary to popular belief less than 10% of concussions involve a loss of consciousness, and these can be so momentary they can often be missed altogether.

ACUTE CONCUSSION MANAGEMENT AND RETURN TO SPORT

The initial management of concussion requires a short period of relative physical and cognitive rest; meaning the individual should limit activities that stimulate the brain, such as excessive use of phones, tablets and computer games, watching television, or even driving.

Once symptoms have resolved, the individual should undergo a programme of gradually increasing stimulation and physical activity before they are medically cleared to return to train.



80-90% OF ACUTE CONCUSSIONS HAVE AN UNCOMPLICATED RECOVERY AND GENERALLY RESOLVE IN 7-10 DAYS

MY CONCUSSION IS NOT GETTING BETTER - WHAT CAN I DO?

A minority of patients who suffer concussion have symptoms that can last several months and negatively impact their quality of life. Such patients require careful assessment and expert management to recover, but unfortunately many do not have access to services that can provide this.



YOUR WELLBEING OUR SPECIALISTS

The ISEH excels in resolving complex cases through a multidisciplinary team approach. Led by our resident consultant neurologist, Dr Richard Sylvester, our expert team includes the following specialists:

- Sports neurologist
- Consultant sports medicine physician
- Expert vestibular rehabilitation specialist
- Sports physiotherapist
- Neuropsychologist
- Sports psychologist

PHYSIOTHERAPY INTERVENTIONS FOR CONCUSSION

One of the most important recent changes in concussion management is the emphasis now placed on an 'active management' approach. Active management has been shown through research to speed up recovery and improve outcomes following return to play, including a reduction in future concussive and musculoskeletal injuries.

Physiotherapist-led interventions such as progressive aerobic reconditioning aimed at re-educating the part of the brain thought to be responsible for concussion symptoms (the autonomic nervous system), manual therapy interventions, cognitive and physical pacing and post-concussion rehabilitation, are designed to address many of the deficits that develop following a concussive event. Our active management approach to concussion rehabilitation helps provide confidence and reassurance to athletes and medical personnel alike.



EXPERTS IN MANAGING THE ACUTE AND LONG-TERM EFFECTS OF SPORTS-RELATED CONCUSSION

BRAIN HEALTH SERVICE

Evidence is emerging of a link between repeated head impacts and long-term neurological conditions, including dementia, in former professional athletes. Although a number of high profile cases of retired athletes with early onset dementia, including chronic traumatic encephalopathy (CTE) have been reported, the scale of the problem and whether concussion (and/or other factors) is the cause is currently unknown.



Cognitive symptoms in retired athletes are very rarely due to dementia but expert assessment and investigation are needed to establish the cause. Additionally, there are many simple interventions in midlife that can significantly reduce the risk of developing dementia in the future.

The ISEH, in collaboration with the National Hospital for Neurology and Neurosurgery, have developed a pathway to support retired athletes who are concerned about neurocognitive issues. This includes expert cognitive neurology assessment, state-of-the art brain imaging and if needed cognitive testing with a neuropsychologist as well as individualised identification and management of modifiable risk factors to maintain brain health throughout life.



**COMPLEX MEDICAL NEEDS
WORLD-CLASS CARE**

WITH YOU 100%

To book an appointment at the
ISEH Concussion Clinic,
please contact:

Tel: +44 (0)20 3447 2800

Email: isehconcussionservice@hcahealthcare.co.uk

www.iseh.co.uk

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