

Sports Concussion Clinic at Dell Children's

CONTACT INFORMATION

For more information or to schedule an appointment, please call **1-512-628-1850**.

Dell Children's Specialty Pavilion
4910 Mueller Blvd., Suite 300
Austin, TX 78723

WHO WE SERVE:

The Sports Concussion Clinic is a part of the comprehensive brain injury care offered at Dell Children's Medical Center. This interdisciplinary clinic utilizes an evidence-based approach to address the needs of adolescents (12 to 18 years of age) with sports-related concussion. Competitive athletes under 12 years of age are treated in this clinic on a case-by-case basis. We also provide care for competitive athletes who have sustained a concussion outside of sports (e.g., falls, wheeled activities, motor-vehicle crashes), during which we offer guidance for return to play and sports clearance with an athlete-centered approach.

OUR TEAM

Our specialized physicians have extensive experience in treating sports-related concussion and work alongside a team of pediatric experts, including nurse practitioners, neuropsychologists, and athletic trainers. We also provide patient, family, and community education around concussion recovery.



SERVICES WE PROVIDE

Our goal is to help athletes safely return to both mental and physical activity. Current concussion literature supports active rehabilitation involving gradual return to academics and non-contact physical activity within the first few days following injury. Aerobic exercise in the early recovery period is shown to decrease symptoms and speed recovery for children with concussion. Athletes will begin an exercise program led by our athletic trainer in the clinic. We utilize a treadmill and evidence-based protocols for cardio/aerobic exercise in conjunction with heart rate monitoring. Athletes are then prescribed an individualized exercise plan, which may include walking, jogging, or the use of a treadmill or stationary bike at home or school. Athletes typically return to the clinic weekly for symptom management and progress monitoring until cleared for return to contact play.

Our comprehensive sports-concussion evaluations include:

- A detailed discussion of history, symptoms, and pre-injury risk factors
- A neurological examination with a medical provider
- A concussion-specific assessment with our athletic trainer that includes balance testing
- Computerized neurocognitive testing to guide return to learn and sports clearance
- Direct communication between our staff and your school nurse and/or athletic trainer
- Education for athletes and parents about expected recovery
- An individualized care plan that includes symptom management, academic recommendations, and guidance for active rehabilitation involving aerobic activity in the early recovery period
- An individualized and objective approach to final clearance for return to contact play