

# Introducing The Portland Clinic's SPORTS CONCUSSION PROGRAM



## Protect Your Brain!

Sports related concussions are serious injuries that often go unrecognized and undertreated. Returning to play too early after a concussion can result in serious long-term problems.

The Portland Clinic is excited to announce our new Sports Concussion Program. Our team of Sports Medicine specialists are highly trained in identifying and treating concussions. We are also one of few providers in Portland to offer ImpACT™ testing, the most widely utilized and accepted concussion management tool. ImpACT is a computerized test used to help determine the severity of a head injury and when the injury has healed. It is currently used in the NFL, NBA, NHL, MLS, as well as collegiate programs and more than 10,000 school districts nationwide.

### PROGRAM SERVICES INCLUDE:

- Comprehensive concussion evaluation
- Baseline and post-injury neurocognitive ImpACT testing
- Monitoring recovery for a safe return to play
- Individualized return to play guidelines.



### BASELINE TESTING

Only \$20 and should occur prior to the beginning of the season. A physician visit is not required for baseline testing.

If you have a concussion or want baseline testing, please call 503-293-0161 x4036 to schedule an appointment.