

## Overview

Post-concussive syndrome is typically associated with a head injury. The head injury may be categorized as a concussion or a mild traumatic brain injury where medical problems can persist weeks to months after the event.

St. Luke's provides an interdisciplinary treatment approach that addresses all of the common symptoms of post concussive syndrome / mild head injury. The team works collaboratively to provide individualized therapy for the variety of individual needs in this patient population in order to enhance recovery.

A brain injury can happen to anyone at any age. In 2011, St. Luke's provided rehabilitation services to over 200 patients with a brain injury.

It is recommended to refer a patient if the following symptoms persist after head trauma:

- **Physical Therapy**
  - Dizziness / vestibular
  - Balance issues
  - Headache
  - Vision changes (gaze instability, light sensitivity)
- **Occupational Therapy**
  - Behavior changes / irritability
  - Vision perception changes (double, blurred)
- **Speech Language Pathology**
  - Attention problems
  - Memory loss
  - Concentration difficulties
  - Unintelligible speech
- **Refer to Neuropsychology** if any of the above symptoms persist >1 month after head trauma. Neuropsychologists can help differentiate between psychological symptoms and neurological symptoms resulting from illness or injury. They can also evaluate a patient's overall cognitive and behavioral strengths and weaknesses.

## Benefits of Post Concussive Treatment:

- Diminish severity of symptoms
- Promote prior level of activity
- Enhance ability to return to work / school
- Improve quality of life
- Address secondary symptoms of depression / anxiety

## Appointments

PT, OT, SLP, and Neuropsychology evaluations are by appointment only

## Written Report

A comprehensive report will be sent to the referring doctor.



## Patient Profile

A 42-year old male, with neck pain and headaches following MVA < 30 days ago, possible whiplash. During follow-up, neck pain has improved, but he continues to experience moderate to severe headaches (pain rating 6 to 8) that are interfering with his concentration, sleep and ability to perform his job duties.

Family reports a loss of patience over minor events - uncharacteristic.

He has no interest in family activities any longer.

Forgetfulness has increased regarding work and content of conversations

He feels anxious a majority of the time.

His medical history is unremarkable.

He is oriented to person, place and time.

He scores 30/30 on the MMS (Mini Mental Status Examination).

## Complete Scope of Services

As the only Level 1 Trauma Rehabilitation hospital in the region, St. Luke's offers the most complete set of inpatient and outpatient treatments, tailored for each patient's individual needs.

### Inpatient / Outpatient Physiatry

- Physicians Specially Trained in Physical Medicine and Rehabilitation

### Rehabilitation Nursing

### Occupational Therapy

- Hand Therapy
- Driver's Evaluation
- Physical / Functional Capacity Exam
- Work Conditioning
- Work Hardening
- Worksite Evaluations

### Pain

- Activity Coaching (PGAP)
- Biofeedback
- Counseling
- Neuropsychological Assessments
- Pain Program (SIMP)
- Pain Management
- Psychological Assessments

### Cardiac/ Pulmonary Rehabilitation

### Speech Therapy

- Speech and Language Evaluations
- Swallowing Evaluations

### Physical Therapy

- Aquatic Therapy
- Balance and Fall Prevention
- Lymphedema
- Oncology Rehabilitation
- Osteoporosis
- Pelvic Floor Rehabilitation
- Physical / Functional Capacity Exam
- Post Concussive
- Post Polio
- Sacroiliac Joint (SI)
- Spine Management
- Sports Rehabilitation
- Vestibular

### Inpatient Case Management

Phone (509) 473-6058  
Fax (509) 473-6118

  [www.st-lukes.org](http://www.st-lukes.org)

### Outpatient Locations

For a list of all outpatient therapy locations near you visit [www.st-lukes.org/locations](http://www.st-lukes.org/locations)

Phone: (509) 473-6869  
Fax: (509) 473-6097



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\* Visit [www.st-lukes.org](http://www.st-lukes.org) for a complete list of CARF accredited programs.



St. Luke's is a division of Inland Northwest Health Services (INHS). INHS is a non-profit corporation in Spokane, Washington providing collaboration in health care services on behalf of the community.