

Concussions are mild traumatic brain injuries caused by a sudden jolt or blow to the head. Most concussions symptoms subside within a week or two, but about 20% of concussions result in protracted symptoms with complications that fall beyond the scope of primary care physicians. For these cases, Shepherd Center's Complex Concussion Clinic offers comprehensive assessment and treatment by a team of specialists.

Patients served:

We serve patients ages 12 and above who are experiencing symptoms from a concussion or a mild brain injury that has occurred in the past six months.

Patients can access the Complex Concussion Clinic through a referral from:

- Primary care physician
- Sports medicine physician
- Athletic trainer
- Therapist
- Emergency room physician

Referral is appropriate for patients who are experiencing symptoms, including:

- Prominent dizziness, balance problems and/or nausea
- Difficulty with sleep
- Persistent post-injury headaches
- Cognitive changes, such as poor concentration or difficulty with memory
- Changes in mood/anxiety

Referral is also appropriate for patients who have pre-existing conditions that may complicate recovery, including:

- Headaches
- Depression and anxiety
- Attention Deficit Disorder
- Prior concussion(s)

Services provided:

Comprehensive treatment team that may include:

- Neurologists, rehabilitation medicine physicians and neuropsychologists
- Physical, occupational and speech/cognitive therapists
- Vestibular/balance specialists
- Sports psychology
- Telehealth services available, when appropriate
- Athletic trainers



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Patient assessment and treatment may include:

- Return to Play Program – sports and activities
- Return to Learn Program – vocational and academic coordination
- Return to Drive Program
- Cognitive rehabilitation
- Vision services
- Vestibular physical therapy
- Psychological counseling to offer support and adjustment to injury
- Advanced neurological diagnostics and imaging
- Pain assessment: coordination with Shepherd Spine and Pain Institute

What makes us different?

- Patient-centered care with emphasis on return to play, school/work and community
- Advanced technology
- Comprehensive and timely care
- Dedicated on-site multidisciplinary treatment team
- Individualized treatment
- Patient/family education
- Web-based support and education
- Telehealth services available

Providers:

- **Russell K. Gore, M.D.**, Director, Complex Concussion Clinic, Shepherd Center
- **Amy Kolarova, D.O.**, Complex Concussion Clinic, Fellowship Director, Brain Injury Medicine

Contact Information:

- To schedule an appointment, contact:
 - **Dina Forehand, MS, CCM**, at 404-603-4314 or CCCAdmissions@shepherd.org
- For clinical questions, contact:
 - **Cheryl Appleberry, MS, ATC**, at 404-603-4980 or cheryl.appleberry@shepherd.org

Learn more at shepherd.org/ComplexConcussionClinic



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