



## Excel Sports Medicine Concussion Program

Recent research has indicated that sports-related concussions accounted for almost 10 percent of all injuries among student-athletes.

The experts at Excel Sports Medicine realize that each concussion is different and our team of Orthopedic physicians, Certified Athletic Trainers and Physical Therapists, work together on assessing, managing, treating and rehabilitating the many different facets of concussions.

### Concussion Assessment & Management:

The orthopedic physicians at Excel Sports Medicine:

- ☆ Evaluate athletes for concussion
- ☆ Develop personalized concussion treatment plans for athletes
- ☆ Provide ImPACT® neurocognitive assessment tools
- ☆ Determine when it is safe for athletes to return to sports

Our clinical team works closely with the athlete's parents, coaches, athletic trainer, teachers, school nurse, guidance counselor and primary care physician to educate and facilitate his or her safe, gradual return to activity -- academics, sports, and work.

### Our treatment plan includes:

#### Comprehensive Assessment of the Injured Athlete

--Complete history of the event, including immediate symptoms, symptom progression, concussion history and academic performance before and after the event.

#### Full Medical Exam

- Musculoskeletal and Neurological Assessment
- Vestibular Assessment: balance, vision
- Cognitive Assessment: memory, attention, reaction time, processing

#### ImPACT Neurocognitive Testing

- Computerized evaluation system that provides an objective way to assess readiness to return to play and academics after concussion; interpreted by a specially trained orthopedic physician
- Providing baseline (pre-season) and post-injury testing

#### Medication

- As needed for headache, sleep or attention symptoms

#### Rehabilitation

- Therapists with expertise in treating concussions will incorporate appropriate exercise to improve activity tolerance without provoking concussive symptoms.
- Vestibular therapy to help with dizziness and visual problems as needed



To learn more about Excel Sports Medicine and our services, call (937) 342-5600 or visit [community-mercy.org/Excel](http://community-mercy.org/Excel)

**Program Director:**

**Eric Fester, MD**, is a Fellowship-trained, board certified Orthopaedic & Sports Medicine Surgeon with an extensive background in concussion management. He has been actively involved in developing concussion management and community education programs and consults with area school systems on diagnosis and treatment of concussion in student athletes.

**Expertise:**

Our team consists of specially trained physical therapists (occupational therapists and speech-language pathologists as needed) who work closely with Dr. Fester to develop and implement each patient's treatment plan. In addition, support staff is trained to administer ImpACT testing.

**If you or someone you know has concussion concerns, please call Excel Sports Medicine at (937) 342-5600**

**Location:**

2600 N. Limestone  
Excel Building  
Springfield, Ohio 45503  
(937) 342-5600



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