

Neurorehabilitation Concussion Clinic at Kennedy Krieger Institute

Who We Are

Concussions are mild brain injuries, and are one of the most common injuries following a trauma. Leading causes include sports and recreational injuries, falls, and blows to the head. If they are recognized and treated properly, most people recover fully from a single concussion. However, children and adolescents who sustain multiple concussions may take longer to recover each time and are more likely to experience lingering symptoms and lifelong physical, cognitive, and psychological problems.

Created more than 30 years ago, Kennedy Krieger Institute's Pediatric Brain Injury Program has been a nationally recognized leader in treating children and adolescents with intensive rehabilitation needs caused by recent neurological injury or illness. Built on the expertise of the brain injury specialists at Kennedy Krieger, the Neurorehabilitation Concussion Clinic was introduced to address the needs of those who experience mild traumatic brain injuries and do not need intensive rehabilitation.

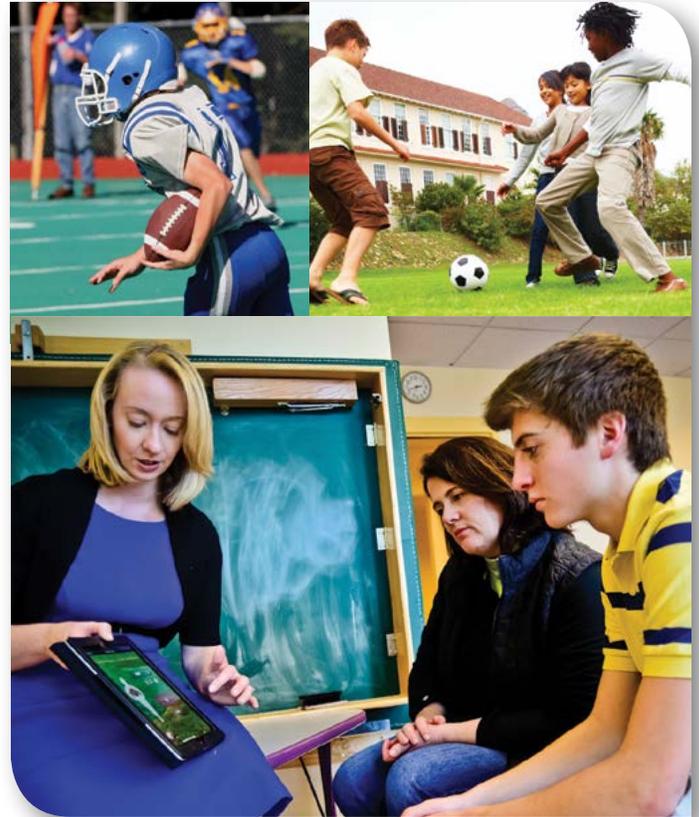
Who We Serve

The Neurorehabilitation Concussion Clinic treats children and adolescents aged 3 to 18 years. Treatment and services include checking for overlooked injuries or ongoing problems, assessing patients' best path to optimal recovery, and helping them to return to academic, athletic, and community life. We also provide education and support for families with questions about their child's return to typical activities.

Our Team

Services are provided by an interdisciplinary team of experienced pediatric brain injury specialists, including:

- Physical medicine and rehabilitation physician or neurologist
- Neuropsychologist
- Neurosurgeon, if necessary and appropriate for the individual



Our Treatment Approach

We take an interdisciplinary approach to patient care, and strive to quickly evaluate children after a concussion in order to facilitate a return to daily activities, such as school and sports.

Our approach includes:

- Diagnosing concussions
- Evaluating for physical, cognitive, and emotional symptoms
- Determining when it is safe for athletes to resume play
- Suggesting extra help or support in school, if needed
- Providing follow-up care

We are all born with great potential.
Shouldn't we all have the chance to achieve it?



Kennedy Krieger Institute
UNLOCKING POTENTIAL

For more information, visit kennedykrieger.org or call 888-554-2080.

Concussion Symptoms Usually Fall Into Four Categories:

| THINKING AND REMEMBERING | PHYSICAL | EMOTIONAL AND MOOD | SLEEP DISTURBANCE |
|--|--|---|--|
| <ul style="list-style-type: none"> • Difficulty thinking clearly • Feeling slowed down • Difficulty concentrating • Difficulty remembering new information | <ul style="list-style-type: none"> • Headache • Nausea or vomiting (early on) • Balance problems • Dizziness • Fuzzy or blurry vision • Feeling tired, having no energy • Sensitivity to noise or light | <ul style="list-style-type: none"> • Irritability • Sadness • More emotional • Nervousness or anxiety | <ul style="list-style-type: none"> • Sleeping more than usual • Sleeping less than usual • Trouble falling asleep |

Source: Centers for Disease Control and Prevention

During a patient's visit, our team:

- Discusses injury-related symptoms and concerns with the patient and family
- Reviews relevant medical and school records
- Assesses attention, memory, speed, and balance
- Develops a treatment plan

At the end of the visit, test results are reviewed with the family and recommendations are provided to facilitate a return to activities. When necessary, follow-up visits and referrals to appropriate programs and providers are scheduled.

Contact Information

Neurorehabilitation Concussion Clinic

For more information or to schedule an appointment, please call **443-923-9400**, or toll-free at **888-554-2080**.

TTY: **443-923-2645** or Maryland Relay **711**
kennedykrieger.org/concussion

Physicians & Healthcare Professionals

To make a referral, call our Physician Referral Line at **443-923-9403**.

Clinic Locations:

801 North Broadway
 Baltimore, MD 21205

9370 Patuxent Woods Drive, Suite 200
 Columbia, MD 21046

Mailing Address:

707 North Broadway
 Baltimore, MD 21205

Kennedy Krieger Institute recognizes and respects the rights of patients and their families and treats them with courtesy and dignity. Care is provided in a manner that preserves cultural, psychosocial, spiritual and personal values, beliefs, and preferences. We encourage patients and families to become active partners in their care by asking questions, requesting resources, and advocating for the services and support they need.



Learn More. Get Involved. Stay Connected. Visit kennedykrieger.org/connect.