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. Most people recover fully from a single concussion, if it’s recognized and treated properly. 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 Center for Brain Injury Recovery is 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 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 Concussion Clinic treats children and adolescents ages 2 to 18. We also serve young adults attending high school or college. Treatment and services include checking for overlooked injuries or ongoing problems, assessing a patient’s best path for optimal recovery, and helping patients 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. All children are evaluated by a medical provider (physical medicine and rehabilitation physician, neurologist, or nurse practitioner) and a neuropsychologist. Other members of the concussion team include behavioral psychologists, physical therapists and educators.

Our Treatment Approach
We take an interdisciplinary approach to patient care and strive to quickly evaluate children with 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
Kennedy Krieger Institute recognizes and respects the rights of patients and their families and treats them with courtesy and dignity. Kennedy Krieger Institute provides care that preserves cultural, psychosocial, spiritual and personal values, beliefs and preferences. Care is free from discrimination based on age, race, ethnicity, religion, culture, language, physical or mental disability, socioeconomic status, sex, sexual orientation, and gender identity or expression, including transgender. We encourage patients and families to become active partners in their care by asking questions, seeking resources and advocating for the services and support they need. © 2018 Kennedy Krieger Institute 4/2018

Concussion Symptoms Usually Fall Into Four Categories:

<table>
<thead>
<tr>
<th>THINKING AND REMEMBERING</th>
<th>PHYSICAL</th>
<th>EMOTIONAL AND MOOD</th>
<th>SLEEP DISTURBANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Difficulty thinking clearly</td>
<td>Headache</td>
<td>Irritability</td>
<td>Sleeping more than usual</td>
</tr>
<tr>
<td>Feeling slowed down</td>
<td>Nausea or vomiting (early on)</td>
<td>Sadness</td>
<td>Sleeping less than usual</td>
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<tr>
<td>Difficulty concentrating</td>
<td>Balance problems</td>
<td>More emotional</td>
<td>Trouble falling asleep</td>
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<tr>
<td>Difficulty remembering new information</td>
<td>Dizziness</td>
<td>Nervousness or anxiety</td>
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<td></td>
<td>Fuzzy or blurry vision</td>
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<td></td>
<td>Feeling tired, having no energy</td>
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<td></td>
<td>Sensitivity to noise or light</td>
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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

Concussion Clinic at Kennedy Krieger Institute
For more information or to schedule an appointment, please call 443-923-9400, or call toll-free at 888-554-2080. TTY users, please contact us at 443-923-2645, or dial 711 to make a Maryland Relay call.

KennedyKrieger.org/Concussion

Physicians and Healthcare Professionals
To make a referral, call our Physician Referral Line at 443-923-9403.

Clinic Locations
801 North Broadway
Baltimore, MD 21205

9730 Patuxent Woods Drive, Suite 200
Columbia, MD 21046

Mailing Address
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Baltimore, MD 21205