Virtua Sports Medicine

Comprehensive services for the athlete

Injury prevention and evaluation

- All repetitive stress and acute injuries, including concussion
- Female athlete-triad: eating disorders, amenorrhea, osteoporosis

Concussion management

- Baseline testing and neurological expertise

Physical therapy

- Gender- and sport-specific therapists, specialized in their fields
- State-of-the art rehabilitation equipment

Advanced minimally invasive surgery

- Surgical excellence for every body part
- Smaller incisions, faster recovery
- State-of-the-art surgery centers

Nutritional counseling

- Meal and intake guidance for the best in every athlete

Sport-specific training

- Athletic training for optimal performance in each and every sport
- Certified fitness specialists for teams, groups, individuals

Motion lab

- Analysis of body movement for injury prevention and enhanced performance

Official Orthopaedic Provider • of the Philadelphia Flyers •

Virtua is the official concussion management provider for the Philadelphia Soul.

Virtua
Sports Medicine

www.virtua.org | 1-888-VIRTUA-3

12-03330

Virtua Sports Medicine
Concussion Management Program

Virtua

Virtua Center for Sports Medicine Concussion Management Program

A concussion is a serious injury to the brain that can change the way a person feels, reacts and behaves. It is the most common type of head injury, and can be caused when the head is bumped, hit or even jarred without contact. Most concussions occur without losing consciousness.

Virtua Sports Medicine offers one of the region's leading concussion management programs, with a fully integrated array of advanced neurological and neurobehavioral services. From diagnostic testing to comprehensive management of symptoms, Virtua's team provides a customized approach for each patient. Virtua physicians and therapists work closely with athletic trainers to safely ease athletes back into their normal activity and to help prevent future complications.

Concussion Symptoms:

- Headache
- Irritability
- Difficulty concentrating
- Confusion
- Forgetfulness
- Uneven balance
- Sluggishness
- Dizziness
- Nausea
- Sensitivity to noise and light
- Blurred vision
- Slowed reaction time
- Heightened emotional reactions
- Disturbed sleep
- Loss of consciousness

Virtua's Concussion Management Panel

Katie Gollotto, DO
credentialed ImPACT consultant

Trina Lisko, DO
credentialed ImPACT consultant

Jennifer Naticchia, MD
credentialed ImPACT consultant

Andro Zangaladze, MD, *board-certified neurologist*

Stephen Bromley, MD, *board-certified neurologist*

David Glosser, Sc.D.
fellowship trained neuropsychologist

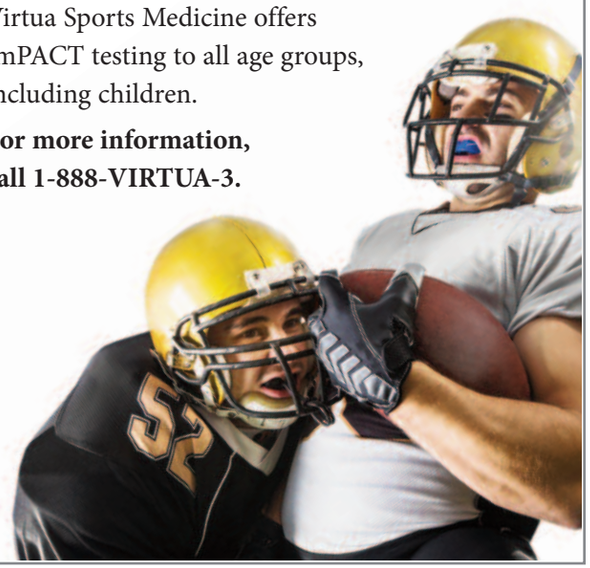
What is ImPACT testing?

ImPACT is a computer test used in diagnosing concussion and evaluating recovery. It is simple, short and non-invasive. While it has most often been performed after an injury occurs, baseline testing, prior to injury, is recommended for athletes in contact sports. If an injury should occur, the baseline provides a comparison to post-concussion tests for brain function, improving the accuracy of a concussion diagnosis.

ImPACT testing is done immediately following an injury. Additional tests are conducted at intervals after injury to assess a patient's progress and readiness to return to normal activity. If a pre-injury baseline was not done, a database of thousands of non-injured athletes may also be used for effective comparison.

The ImPACT test evaluates neurocognition for:

- Memory
- Attention span
- Brain processing speed
- Reaction time
- Post-concussive symptoms

Virtua Sports Medicine offers ImPACT testing to all age groups, including children.

For more information, call 1-888-VIRTUA-3.