

CONCUSSION CLINIC

Now Available at Penn Highlands Healthcare

WHY A CLINIC?

There is marked increase awareness in the short and long term effects of sustaining a concussion. Penn Highlands Concussion Clinic will provide quick access to coordinated multidisciplinary care that can improve patient management and outcomes. The Clinic will enable providers to better manage their concussed patients.

HOW IT WORKS.

If a patient presents with a suspected concussion, please call 814-375-6200. We will connect you with someone who will arrange and set up the appointment for the Clinic.

The Clinic is located in Penn Highlands

DuBois Medical Arts Building, Suite 312.

It will be staffed on Tuesdays by Chris Varacallo, DO, orthopedic/sports medicine physician, and Wednesdays by Matt Bridgman, PhD, neuro-psychologist who will work closely with Physical Therapy, licensed Athletic Trainers (*if the patient is a school athlete*) and other needed services. The providers will evaluate, order testing if needed, set up a treatment regimen, and manage concussion care.

Additionally, establishing accommodations and completing student paperwork will managed by the Concussion Clinic providers. Findings and treatments will be forwarded to the patients' providers.

WHO IT'S FOR.

Anyone who has a suspected concussion can be directed to the Penn Highlands Concussion Clinic, such as:

- School athletes
- Non school based athletes (*youth football, Little League, soccer, wrestling, gymnastics, etc.*)
- Occupational
- Elderly
- Weekend warriors
- Accident victims



GOALS

- Quick access to comprehensive expert care.
- Patient and family education.
- Comprehensive management of concussion treatment.
- Responsible return to work or play.

PENN HIGHLANDS CONCUSSION CLINIC

Medical Arts Building
145 Hospital Avenue, Suite 312
DuBois, PA 15801

814-375-6200

www.phhealthcare.org

