

Regional Concussion Center

AT ORTHOPAEDIC & SPINE CENTER OF THE ROCKIES

Our Regional Concussion Center offers complete diagnostic and treatment services for athletes, to help them return to their sport and other activities as safely as possible after a concussion.

The Concussion Center is led by our concussion specialist, Alissa Wicklund, PhD and also includes the OCR physicians, our certified athletic trainers, and therapists (PT-OT).



CONCUSSION SPECIALIST

Alissa Wicklund, PhD, is our concussion specialist and evaluates and treats athletes with a head injury.

Dr. Wicklund is a board-certified neuropsychologist specializing in the assessment of physical, cognitive, and behavioral symptoms of concussion. She also specializes in the use of many computerized and

clinical tools that assist in the diagnosis and treatment.

Dr. Wicklund earned her PhD at Northwestern University Feinberg School of Medicine in Chicago, where she also completed a specialized program as a fellow in neuropsychology.

CONCUSSION CARE FOR THE ATHLETES

OCR's Concussion Center offers athletes prompt, experienced diagnosis and treatment of sports-related head injuries. We offer:

- Comprehensive team of multi-specialty concussion and sports medicine professionals.
- The most advanced testing using scientifically validated clinical tools, including the widely recognized ImPACT® system.
- On-site physical and vestibular therapy for specific treatments.
- Thorough, individualized plan to help achieve the best recovery and the safest return to play, school, and work.

IMPACT TESTING

OCR has used this nationally-noted system for many years.

ImPACT is used by 200+ pro sports teams, and more than 1,000 colleges and universities, including Colorado State University, and over 7,000 high schools.

CONCUSSION FACTS

- A concussion is a head injury caused by a fall, crash, bump, or jolt.
- It causes the head and brain to move back and forth quickly; it may change the way the brain works.
- Concussions can occur even if you have not been "knocked out."
- 10% of athletes in contact sports sustain a concussion. About two-thirds occur in football.



ORTHOPAEDIC & SPINE CENTER OF THE ROCKIES

Specialists in the medicine of motion

www.orthohealth.com

ADDITIONAL CONTACTS FOR OCR AND OUR CONCUSSION CENTER

**Sports Medicine-
Concussion Hotline:**
970-419-7177

Doctors appointments line:
970-419-7050

Main number:
970-493-0112

OCR sports medicine e-mail:
OCRSports@orthohealth.com

Sports Medicine Twitter:
@OCRSports

OCR general e-mail:
info@orthohealth.com

OFFICE LOCATIONS:

Fort Collins:
2500 E. Prospect Rd
Fort Collins, CO 80525

Loveland:
3470 E. 15th St
Loveland, CO 80538

Greeley:
1900 16th St, 3rd Floor
Greeley, CO 80631

CONCUSSION ASSESSMENT

- Comprehensive evaluation of the athlete's clinical symptoms
- Vestibular and ocular screening for symptoms such as dizziness and difficulty with balance
- Neurocognitive screening with ImPACT and other techniques, to identify patterns of performance in thinking abilities
- Thorough evaluation of mood and behavioral symptoms
- Targeted treatment recommendations
- Education on concussion injuries
- Communication with coaches, parents, school, and work to facilitate recovery

CONCUSSION SYMPTOMS

Symptoms can be subtle. They may include:

Physical

Loss of consciousness, headache, confusion, loss of balance, dizziness, fatigue, blurred vision, light sensitivity, nausea, and vomiting

Cognitive

Difficulty with attention, concentration, memory, and orientation

Behavioral

Feelings of irritability, depression, anxiety, strong emotions, lethargy, fatigue, and sleep disruption

OCR's Concussion Center addresses all the physical, cognitive, and psychological challenges of an injury to help athletes return safely to their sport, academic, and other activities.

MORE INFORMATION RESOURCES

OCR's Concussion Program: www.orthohealth.com/our-specialties

CDC – Centers for Disease Control: www.cdc.gov/headsup/index.html

CALL OUR HOTLINE FOR CONCUSSION HELP

In the case of a concussion, call our Sports Medicine-Concussion Hotline any time, 24 hours a day – 970-419-7177 or email us at OCRSports@orthohealth.com.