



How can a Sports Neuropsychologist help you recover from concussion?

Sports Neuropsychologists are doctoral level health care professionals who have specialized training in how the brain works and how concussion affects thoughts, behavior, emotion, and sleep. They have unique skills to provide individualized care to help the athlete recover from concussion and return to optimal performance.



Evaluation and Diagnosis

Sports neuropsychologists are experts in testing brain functions and in the use of cognitive baseline and post concussion tests. They were the first to create these tests for athletes and know how to use the findings to diagnose and manage concussion.



Treatment

Sports neuropsychologists realize the many factors that affect recovery and can recommend specific treatments. They understand sports culture and appreciate the stress of injuries on lives of athletes.



Return to Play

Sports neuropsychologists use their knowledge of concussion science and research to track recovery. They work with other health care professionals, athletic personnel, athletes, and family members to make the best decisions for return to play and future planning.



Return to Learn

Sports neuropsychologists understand the demands of school and how concussion can affect attention and learning. They can create a plan to return to school. They work with school staff to put temporary accommodations in place while the athlete is recovering.