

# Concussion Clinic at Kennedy Krieger Institute

## 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

We are all born with great potential.  
Shouldn't we all have the chance to achieve it?



Center for Brain Injury Recovery  
at Kennedy Krieger Institute

## Concussion Symptoms Usually Fall Into Four Categories:

THINKING AND REMEMBERING	PHYSICAL	EMOTIONAL AND MOOD	SLEEP DISTURBANCE
<ul style="list-style-type: none"> <li>• Difficulty thinking clearly</li> <li>• Feeling slowed down</li> <li>• Difficulty concentrating</li> <li>• Difficulty remembering new information</li> </ul>	<ul style="list-style-type: none"> <li>• Headache</li> <li>• Nausea or vomiting (early on)</li> <li>• Balance problems</li> <li>• Dizziness</li> <li>• Fuzzy or blurry vision</li> <li>• Feeling tired, having no energy</li> <li>• Sensitivity to noise or light</li> </ul>	<ul style="list-style-type: none"> <li>• Irritability</li> <li>• Sadness</li> <li>• More emotional</li> <li>• Nervousness or anxiety</li> </ul>	<ul style="list-style-type: none"> <li>• Sleeping more than usual</li> <li>• Sleeping less than usual</li> <li>• Trouble falling asleep</li> </ul>

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](https://www.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

707 North Broadway  
Baltimore, MD 21205

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



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