



# Understanding the Complexity of Concussion: An Education to Increase Your Confidence in this Often-Daunting Injury

Instructed by **Conor Collins**, BHSc. DipSIT, RMT, CAMA, FMT

**Registration Deadline: 12 October 2019**

**Date:** October 26–27, 2019 (2-day course) **Maximum: 30 Registrants**  
**Time:** 8:00 am–6:00 pm Saturday; 8:00 am–5:00 pm Sunday (Lunch 12:00pm–1:00pm)  
**Location:** Chateau Saint John - Hotel & Suites  
369 Rockland Road  
Saint John, N.B. E2K 3W3  
**Fee:** **\$350.00** (ANBMT members only) Non-Member: **\$450.00**  
(PAYMENT MUST ACCOMPANY REGISTRATION; (RESERVATIONS NOT ACCEPTED)  
**CEUs:** **8.5 Category A CEUs (CMTNB Approved)**

**Preferred Room Rate:** Chateau Saint John, \$139.99 plus taxes per night (includes breakfast and Wi-Fi). Phone: 506-644-4444  
Booking Reference: ANBMT Group

## Course Details

Concussions are often scary for many practitioners to deal with. They become flustered at the idea of how to assess concussions and what to do with them. In general, the healthcare system still provides patients with misguided information, often advising them to sit in a dark room and wait. This course will change that for you.

## Course Objectives

Day 1 -The objective of this course is to gain a full understanding of the complexity of mild traumatic brain injury. The goal of day one is to leave confident with a path to take from the time of injury through to patient assessment and guidance. By the end of day one, the practitioner will have a thorough understanding of the recognition of red flags; how to assess, when to refer, and appropriate evidence-based advice to give.

Day 2 – It begins by providing strategies for rehabilitation and guidance on specific symptoms felt by the patient. The morning will finish with in-class case studies or a live patient (if available). The afternoon will conclude by defining the common types of headaches suffered by a post-concussion patient, and how to address them from a treatment standpoint. The afternoon of day 2 is a small part of the course that is treatment-focused. The reason for this is that a majority of success in concussion comes from proper recognition, guidance, exercise, and providing the patient with appropriate resources.

## Day 1

8-9 Introductions - causes, mechanisms of injury, and the pathophysiology of concussions

9-10 Recognizing red flags and signs in your health history that are key identifiers

10-12 The importance of a thorough neurological exam: the cerebellum, cranial nerve system, central nervous system, and peripheral nervous system

12-1 Lunch

1-4 “Boxing” the patient - how to identify the most prominent systems affected whether it be the oculomotor, vestibular, autonomic systems, or a mixed concussion

4-6 Planning - what does the evidence say about sleep, rehab, exercise, rest, nutrition, and recovery

## **Day 2**

8-9 Oculomotor rehab - how to plan, prescribe eye rehabilitation for a concussion patient, and recognize when to refer to the appropriate healthcare provider

9-10 Vestibular rehab - how to plan, prescribe vestibular rehabilitation for a concussion patient, and recognize when to refer to the appropriate healthcare provider

10-11 Mixed and autonomic concussion planning, how to prioritize which system is affected and address it

11-12 Pulling it together: overlapping conditions and case study

12-1 Lunch

1-2 Post concussion headache: define, recognize, and how to intervene effectively

2-5 The cervical spine's roll in concussion: discussion of the cervical spine in concussion, whiplash injury, and techniques to address muscular tone and joint hypo mobility following an injury

## **What to Bring**

- Snacks, lunch, water
- Loose comfortable clothing / Tank top **\*(Tank tops preferred for Sunday)**
- **Portable Massage Table (1 per 2 participants)**

## **About the Instructor**

Conor Collins is in his eleventh year of manual therapy and movement education. As both a massage therapist and sports injury therapist. Conor provides a unique approach to clinical practice combining disciplines of manual therapy integrated with movement-based rehabilitation strategies. With over a decade of taping experience, Conor applies new concepts of movement-based taping with traditional athletic taping protocols. Outside of clinical practice, Conor instructs upcoming manual therapists at the college level. During his career, he has also had the pleasure of managing athletes and consulting for national level and club teams in both the NHL and NCAA. Conor shares a special clinical interest in concussion management and has spent many years treating endurance triathletes and runners.



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**Portable Table:** YES  NO

(Please print clearly)

Name: \_\_\_\_\_ RMT #: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone: (Home) \_\_\_\_\_ (Work) \_\_\_\_\_ (Cell) \_\_\_\_\_

Email: \_\_\_\_\_

Status: Member  Non-member  Association: \_\_\_\_\_

Method of Payment:  Cheque  Money order  PayPal \*(Registration form must be submitted)

E-transfer (please make known your security answer by email if it is not your RMT#)

**\*No refunds will be given after the registration deadline\***

In the unforeseen circumstance of bad weather, we will notify you by 7:00 a.m. (at the very latest) on the day of the workshop.

**Please Return Registration Form and Payment:**

Association of New Brunswick Massage Therapists (ANBMT)

P.O. Box 323, STN "A"

Fredericton, N.B. E3B 4Y9

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