

PROGRAM INFORMATION:
TORONTO CONCUSSION CLINIC



Dear Colleagues,

We would like to introduce ourselves to you!

We are an **MD-based clinic (OHIP-funded)** here to support adult patients (18 years and up) in recovering from persistent concussion symptoms (PCS).

WE DO THIS BY PROVIDING:

1. Case management services – either directly to the patient virtually or via OTN's eConsult to the PCP
2. MVA case management and care coordination
3. Specialized Assessments – virtual and in-person options – of many of the conditions comprising PCS:
 - Post-Traumatic Brain Injury Fatigue (PTBIF)
 - Post-traumatic headache
 - Post-traumatic dizziness
 - Sleep-Wake Disturbances Post-TBI
 - Post-traumatic neck and MSK issues
 - Mild neurocognitive disorder
 - Autonomic dysfunction
 - Psychological reactions
 - Post-concussion vision syndrome
4. Proven behavioural & lifestyle interventions that can be delivered virtually across Ontario, and also some that can be provided in-person at our physical location in Scarborough.

SOME OF OUR MOST POPULAR SERVICES INCLUDE (*Can be delivered virtually)

- Behavioural & lifestyle interventions*
- Progressive sub-symptom threshold exercise program*
- Headache Management*
- Cognitive Behavioural Therapy for insomnia*
- Relaxation training & Biofeedback-based interventions
- Energy Management*
- Group counselling*
- Cognitive Testing & Remediation*
- Return To School/Work Strategies*
- Support with Forms/Reports*
- PTSD therapy*

WE PROVIDE SPECIALIZED MULTI-DISCIPLINARY CARE FOR PCS REHABILITATION (*Can be delivered virtually):

- Sports medicine*
- Internal medicine*
- Psychotherapy*
- Occupational Therapy
- Chiropractic therapy*

Disciplines not covered by OHIP are covered by many Extended health benefit plans and Car Insurance companies (for MVA patients). Patients are not obligated to use all of our services, they can use the ones they choose; or, our team can collaborate with patients' existing providers.

In-person services are offered at 3410 Sheppard Ave. E., Unit 208 at Warden and Sheppard, just under 5 minutes from Fairview mall. There is free parking on site.

We look forward to developing a network of professional on which we can rely to co-manage our patients.

Sincerely,

Angeli Alleyne

Office Manager

Our MDs



T·C·C
TORONTO CONCUSSION CLINIC

Taher Chugh, MD, CCFP(SEM), FCFP, Dip Sport Med

Dr. Chugh received his training at the University of Toronto's medical school and completed training at the University of Ottawa's family medicine program in 2012. He later pursued sports medicine training. He has completed extensive training in concussion management, psychological resilience training, vestibular rehabilitation, visual rehabilitation, headache management and biofeedback. Dr. Chugh has practiced medicine in multiple settings – inpatient hospital care, family practice, urgent care and sports medicine – which affords him a wealth of relevant experience in treating patients in this broad, multidisciplinary field of concussion management.



Maude Boulanger, MD, CCFP

A graduate of the University of Ottawa, Dr. Boulanger completed her residency in family medicine at the University of Toronto in 2012. She directs our sleep & fatigue rehabilitation program. Dr. Boulanger provides services in French and English.



Peter Katis, MD, CCFP(EM)

A graduate of the University of Toronto's medical program in 1997. He subsequently earned his certificate from the College of Family Physicians and Fellowship in Emergency Medicine. He has practiced Emergency Medicine at the prestigious Ottawa Hospital, the Children's Hospital of Eastern Ontario, and the University Health Network (UHN), where he also served as Assistant Director and Interim Director of Emergency Medicine. During his leadership tenure at UHN, he was responsible for managing several medical, educational, and research initiatives and helped lead the Emergency Team through the 2002–2004 SARS outbreak. Dr. Katis directs our broad headache assessment and management program.



Inna Vaslievskaya, MD, FRCPC

Dr. Vasilevskaya is an internal medicine specialist with experience in many different healthcare settings. She joined Toronto Concussion Clinic in August 2021 to help post-concussion syndrome patients in getting medical assessments of their headaches, dizziness, fatigue and cognitive complaints. Dr. Vasilevskaya's assessments help our team in delivering customized rehabilitation plans and are influential in helping case managers decide on return-to-work suggestions for those patients off from work.

Other Allied Health Care Workers

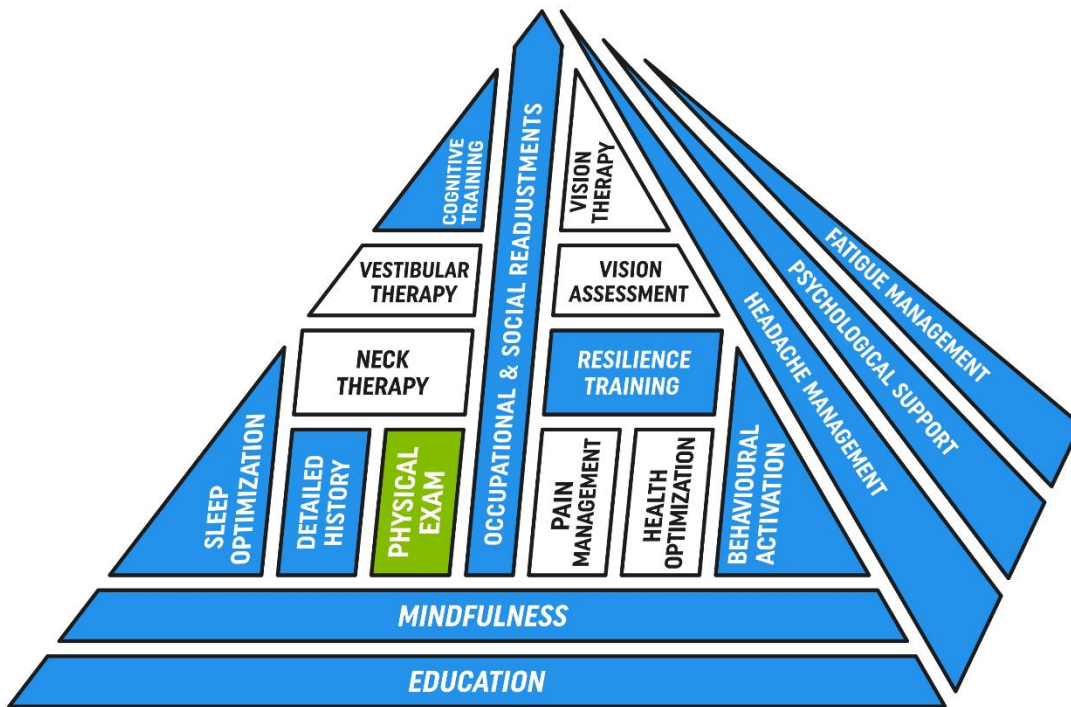
Learn more about our team members spanning several disciplines by visiting:
<https://torontoconcussion.ca/rehabilitation-team/>




Dear Office Manager and Staff:

For referrals, please direct your patient to our website at <https://torontoconcussion.ca/contact/request-consultation/> to request a consultation. They will be sent an intake questionnaire to complete before their initial consultation.

For inquiries, you can email us directly at team@torontoconcussion.ca.

Program Overview



-  SERVICES THAT CAN BE PROVIDED VIRTUALLY
-  SERVICES PROVIDED IN-PERSON
-  SUPPLEMENTARY SERVICES PROVIDED VIRTUALLY AND/OR IN-PERSON TO COLLABORATIVELY ASSIST REHAB TEAMS IN PROVIDING THESE THERAPIES

FIND US

torontoconcussion.ca

