

PROGRAM INFORMATION: TORONTO CONCUSSION CLINIC



Dear Colleagues,

We would like to introduce ourselves to you!

We are an **MD-based clinic (OHIP-funded)** – [9 MDs \(a physiatrist, internists, sports MD, GPs\)](#) - here to support adult patients (18 years and up) in recovering from persistent concussion symptoms (PCS).

WE DO THIS BY PROVIDING:

1. Specialized assessments for constituent diagnoses of persistent concussion symptoms
 - *Thorough neuro exam*
 - *Post-traumatic headache*
 - *Post-traumatic dizziness*
 - *Psychological reactions*
 - *Sleep-Wake Disturbances Post-TBI*
 - *Post-traumatic neck and MSK issues*
 - *Mild neurocognitive disorder*
 - *Post-Traumatic Brain Injury Fatigue*
 - *Autonomic dysfunction*
 - *Post-concussion vision syndrome*
2. Case management and care coordination
3. Proven behavioural & lifestyle interventions that can be delivered virtually across Ontario

SOME OF OUR MOST POPULAR SERVICES INCLUDE:

- *Behavioural & lifestyle interventions*
- *Progressive sub-symptom threshold exercise program*
- *Headache management*
- *Cognitive Behavioural Therapy for insomnia (CBT-i)*
- *Relaxation training & biofeedback-based interventions*
- *Connecting with resources in the community*
- *Energy management*
- *Virtual 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:

- *Physiatry*
- *Sports medicine*
- *Internal medicine*
- *Psychotherapy*
- *Nursing*
- *MVA Case management*
- *Occupational therapy*
- *Chiropractic therapy*
- *Physiotherapy*

MDs are covered by OHIP. 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.

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. Alternatively, you can fax a referral to (647) 670-0770.

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

Sincerely,

Sam Yassi

Office Manager