



**Brain Injury
Alliance**

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4th Annual Iowa Concussion Consortium Conference

CARRIE VAN QUATHEN, MS, PT, CBIS-T

Director of Pediatric Rehabilitation, ChildServe, Ankeny, IA, and Coralville, IA

Carrie graduated from the Medical College of Virginia with her MS in physical therapy (in 1997) and a certification in Interdisciplinary Team work from the Virginia Institute of Developmental Disabilities. She has attended a range of continuing education for the PT treatment of children and people with brain injury and has presented on multiple topics including behavior support, sensory integration, wheelchairs and medical equipment, rehabilitation, spasticity management, exercise and wellness, brain injury, concussion, and outcomes management. She has been a part of the State of Iowa Brain Injury Community of Practices for mild and moderate/severe brain injury, a committee that drafted the concussion manual for schools in Iowa; a Certified Brain Injury Specialist Trainer, Past Chair of the Iowa Concussion Consortium, and is a member of the State of Iowa Advisory Council on Brain Injuries.

“The Concussion Clinic: An Interdisciplinary Approach for Improved Outcomes”

The “concussion clinic” is frequently cited as a best practice model for concussion treatment. This presentation will describe the components that are often part of a concussion clinic and how these work together to result in the best outcomes for patients and families. Current evidence for active rehabilitation will be tied to key assessments and treatment techniques. The benefits of using an interdisciplinary team to help manage return to learn, return to play, and return to work processes will be discussed, along with models on how this can be implemented in different settings.



1. Attendees will review the neurometabolic components of concussion and how active rehabilitation techniques may influence recovery
2. Attendees will apply the latest evidence on active rehabilitation to an interdisciplinary concussion clinic model
3. Attendees will describe treatment techniques to optimize outcomes for return to learn, return to play, and return to work
4. Attendees will be able to recommend key interdisciplinary management approaches for concussion for patients and families
5. Attendees will be able to relay how the implementation of the interdisciplinary concussion clinic model can be implemented through case examples