



**Brain Injury
Alliance**

I O W A

4th Annual Iowa Concussion Consortium Conference

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Jillian is an Iowa-licensed physical therapist who received her doctorate degree in physical therapy from St. Ambrose University. She is passionate about working in the field of neurological rehabilitation, particularly in the field of brain injury. At On With Life, she has had the opportunity to work in a multitude of settings, which include inpatient, outpatient and long-term care, exposing her to brain injury rehabilitation through the continuum. She is a certified brain injury specialist through the Brain Injury Association of America and is a member of the Outpatient Complex Concussion Committee at On With Life. She has participated in research in collaboration with Drake University, specifically in the area of post-concussion syndrome. Jillian also serves on the Concussion Specialist Certification Committee through the BIAA.

“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