

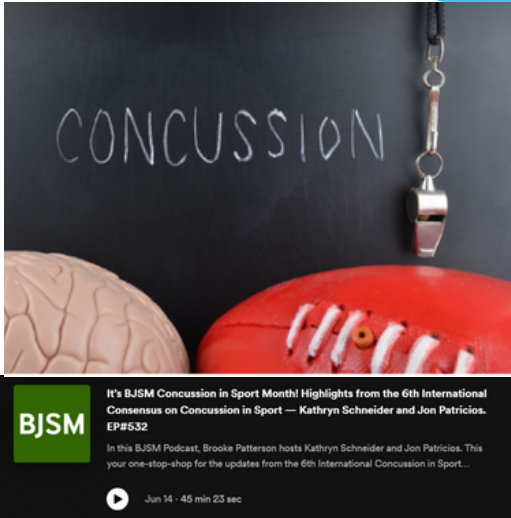
The 6th Consensus Statement - Concussion in Sport

Key Takeaways:

- Patients with persistent Sx (>4 weeks) should be evaluated with a multimodal clinical Ax
- The long-term effects of Concussion are of ongoing public health interest and concern
- Strong evidence for benefit of physical activity and aerobic exercise as early interventions
- Cervicovestibular rehab recommended if neck pain, headache and dizzy/balance issues
- 3 new concussion tools - SCAT6 (immediate), SCOAT6 (office), CRT6 (recognition)
- 11 Rs modified to 13 with the addition of Retire and Resign
- Prevention - on field neuromuscular training during warm-up 5x/week

(Schneider et al 2023 BJSM)

Click screenshot for podcast summarizing findings with Kathryn Schneider!



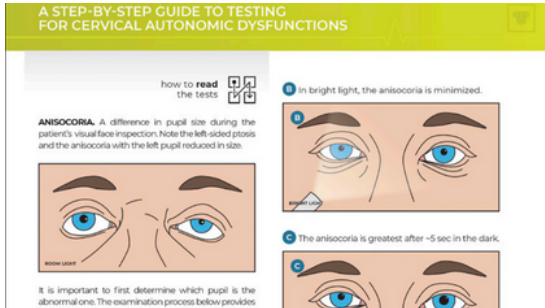
Stretching and Releasing of ITB - Did you read the 1st Edition PICO in Practice

Opara & Kozinc 2023 concluded that although there is some indirect evidence suggesting stretching and releasing the ITB may interfere with ITBS rehabilitation, there is no direct empirical evidence to support this. This is based on ITBS risk factors and changes in ITBS stiffness. More research is required comparing intervention programs with and without stretching.

Open Access

ACL Healing after non-surgical management with Cross Bracing Protocol

Did you attend the webinar with Dr. Stephanie Filbay on Evidence Based Management and Healing of ACL Rupture? The study she referred to was published this month! The authors found after management with the Cross Bracing Protocol, 72 out of 80 (90%) with complete discontinuity had signs of healing on 3 month MRI. [Read more.....](#)



Guide For Cervical Autonomic Dysfunctions

Mourad et al 2023 provide a step- by-step guide for autonomic nervous system physical examination to identify cervical autonomic dysfunctions in musculoskeletal disorders.

Access Here

Click on image to access step-by-step guide

Playbook on Frozen Shoulders

Check out this amazing clinical resource from BJSM BLOG - you won't want to miss it!

Click Here

