



Rehabilitation Experts - Real Results
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FORT WAYNE

3534 Brooklyn Ave.
Fort Wayne, IN 46809
260 478-5230
Fax 260 478-5235

2516 E. Dupont Rd.
Fort Wayne, IN 46825
260 490-4800
Fax 260 497-8399

7930 W. Jefferson Blvd.
Fort Wayne, IN 46804
260 432-5800
Fax 260 432-9555

4251 Lahmeyer Rd.
Fort Wayne, IN 46815
260 482-7800
Fax 260 484-0273

NEURO REHAB CLINIC

2622 Lake Ave.
Fort Wayne, IN 46805
260 460-3279
Fax 260 460-3158

WOMEN'S HEALTH

8028 Carnegie Blvd.
Suite 300
Fort Wayne, IN 46804
260 969-8992
Fax 260 969-8993

ANGOLA

1220-A N. Wayne St.
Angola, IN 46703
260 624-2288
Fax 260 624-2286

AUBURN

510 N. Grandstaff Dr.
Auburn, IN 46706
260 927-9270
Fax 260 927-9272

BLUFFTON

2170 Commerce Dr.
Bluffton, IN 46714
260 824-0522
Fax 260 824-1896

NEW HAVEN

10876 Isabelle Dr.
New Haven, IN 46774
260 748-2233
Fax 260 748-2277

BUSINESS OFFICE

4251 Lahmeyer Rd.
Fort Wayne, IN 46815
260 432-4700
877 434-4700
Fax 260 459-9262

www.indianapt.com

Return to Play

1. All athletes believed to have a concussion **must** be cleared by a physician trained in the evaluation and management of concussions and head injuries.

2. Must progress through the recommended Return to Play criteria.

Step 1: Symptom free for 24 hours

Step 2: Light activity (walking, exercise bike, light jogging)

Step 3: Sport Specific Conditioning (increased aerobic activity)

Step 4: Non-contact physical activity (sprinting, weight lifting, sport specific drills)

Step 5: Full Contact Practice

Step 6: Return to Play

Each of the above steps would take place over a separate 24 hour period. If symptoms occur during a step, the athlete would drop back to the previous step where no symptoms occurred. This would take place after 24 hour rest period.

Physicians specializing in concussion management:

Garret	Dekalb Health Medical Services	Bret Keuber(260) 357-6557
Fort Wayne	Fort Wayne Med	EdHeidi Musgrave, PhD(260) 399-4239
		Kate Gray(260) 423-2675
		Greg Eigner(260) 423-2675
		Amanda Kovoylyan(260) 423-2675
		Bob Wilkins(260) 423-2675
		Aaron Coray(260) 423-2675
		Erin Jefferson(260) 423-2675

Fort Wayne Ortho

Greg Sassmannhausen,MD260-436-8686
Matt Snyder, MD(260) 436-8686

Neuropsychological Consultants

John Musgrave(260) 385-1646

More concussion information

Athlete's Concussion Alliance

www.acaindiana.com

Indiana Sports Concussion Network

www.indianasportsconcussionnetwork.com

CDC

www.cdc.gov/concussion/sports

NATA

<http://www.nata.org/health-issues/concussion>