

# Participate in Research

Comparing Approaches to Rehabilitation for Youth with Concussion



**Principal Investigator:**  
**Nick Reed, PhD**

**Centre for Leadership: Brain Injury**

## **CONTACT INFORMATION:**

For more information about the study, or to participate, please contact:

Dayna Greenspoon  
e-mail: [dgreenspoon@hollandbloorview.ca](mailto:dgreenspoon@hollandbloorview.ca)  
phone: 416.425.6220 x 6519

## **HAVE YOU HAD A CONCUSSION? HAVE YOU HAD CONCUSSION SYMPTOMS FOR MORE THAN 2 WEEKS?**

### **What is this study about?**

Currently, there are no evidence-based guidelines to tell us what rehabilitation treatments work best for improving outcomes in youth who have persistent post-concussion symptoms. We want to learn more about how an education approach along with low intensity exercise can help youth with concussion symptoms. This study will help us develop approaches to caring for youth after concussion and helping them return to the activities that are important in their lives (sport, school, social life).

### **Who can participate?**

Male and female youth between the ages of 10-18 years who have had a concussion and have experienced concussion symptoms for more than two weeks, and their parents.

### **What's involved?**

This research will be conducted at the Holland Bloorview Kids Rehabilitation Hospital with Holland Bloorview Concussion Research Centre. Participants will receive comprehensive concussion education and participate in a low intensity exercise program that will be done at Holland Bloorview Kids Rehabilitation Hospital and at home. Participants will complete a series of brain and body fitness tests.

### **Potential Benefits/Risks?**

Participating in this research intervention may help improve your post-concussion symptoms. It might also help us find better treatments and information to help other children after they have had a concussion.

Fatigue and increase of post-concussion symptoms may occur during completion of some of the procedures involved during the study. Some questions asked may be of a sensitive nature. Participants can stop taking part in the study at any time.

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