

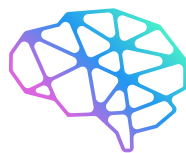


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CONCUSSIONS

# Sports Organization Webpage Template.

As a Complete Concussions partner sports organization, please tailor the following copy and media to create your own informational concussion page on your website by removing sections that are not pertinent to your Complete Concussions services package and/or policy.

Please update and/or remove the **highlighted sections** prior to publishing to your website.



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# Content Suggestions.

PART 1



## Webpage Title:

Complete Concussions Partnership



## Webpage Content:

The Sarnia Girls Soccer Club is committed to protecting the health and safety of our athletes. We have partnered with Complete Concussions - the largest concussion care organization globally.

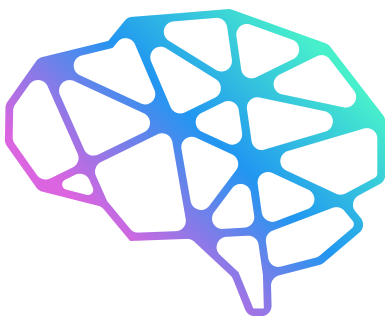
From concussion assessment and documentation tools to initial pre-season baseline testing and concussion treatment, Complete Concussions is purpose-built to help sports orgs tackle the concussion problem through better detection, documentation, and monitoring as well as helping patients and athletes safely return to learn, work and play.



## CCMI Logo:

[Download](#)

Primary Logotype



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Brandmark

Wordmark

The Complete Concussions logo and brand material can be found on the Clinic Resource Portal.  
Please note: The Complete Concussions brand files should not be modified in any way.

# Content Suggestions.

## PART 2



### Subpage Title:

What Is a Concussion?



### Webpage Content:

Concussions can happen due to a blow to the head or elsewhere on the body with an impulsive force translated to the head. These impacts cause the brain to shake, or jiggle inside the skull which can result in temporary changes to how the brain functions. How temporary these changes are is different in each case but depends heavily on receiving proper care and advice.

Symptoms of a concussion may include loss of consciousness, headache, pressure in the head, neck pain, nausea or vomiting, dizziness, or balance problems, among others.

To further understand what a concussion is, watch this video for an in-depth whiteboard demonstration from Concussion Doc!

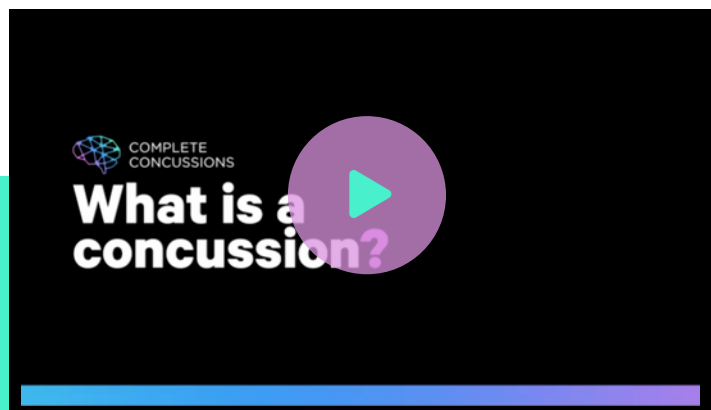


### Media Embed:

What is a concussion?

<https://youtu.be/tmFlx1NKYTg>

```
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src="https://player.vimeo.com/video/436872911" frameborder="0"
allow="autoplay; fullscreen; picture-in-picture" allowfullscreen ></iframe>
```



### **Webpage Content:**

If you've had a concussion, please download this free Concussion Handbook to help optimize your recovery!

### **Media Embed:** Concussion Handbook

[Download](#)

The Complete Concussions media assets can be found on the Clinic Resource Portal.

Please note: The Complete Concussions media assets should not be modified in any way.



## Subpage Title:

Concussion Tracker Smartphone Application

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## Webpage Content:

This year **the Sarnia Girls Soccer Club** is going to be using The Concussion Tracker smartphone application for all concussion detection, reporting, and medical clearance documentation. All athletes, or their parents, are required to download the Concussion Tracker App from the App Store (link) or Google Play (link) and create a profile. If the athlete is old enough to have their own profile, they would register as an 'Individual Account'. If the parents are registering on behalf of the child or multiple children, register under a 'Family Account'.

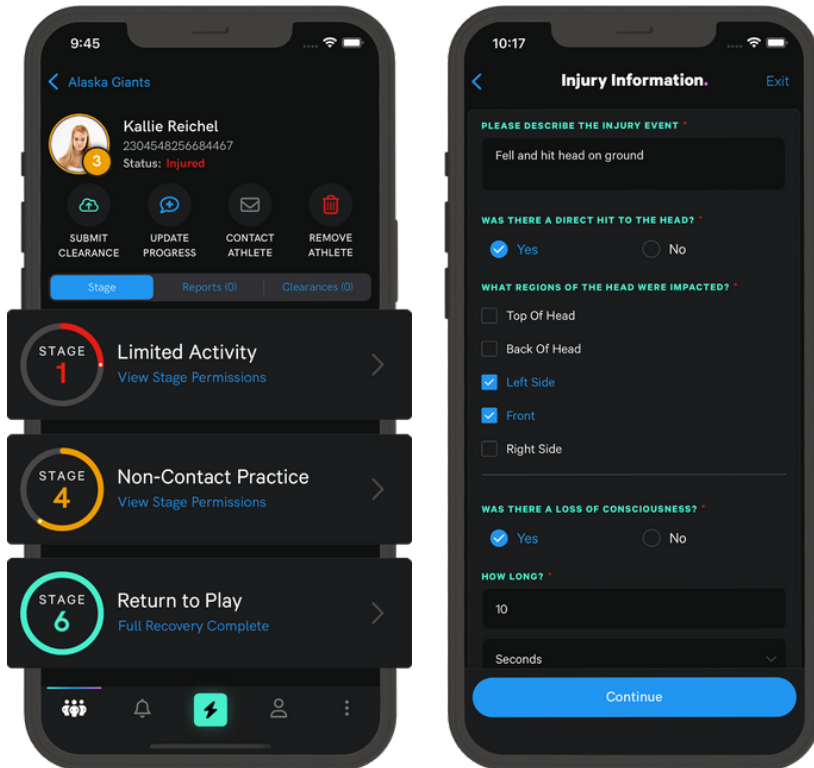
All athletes must also complete the neurocognitive baseline test prior to the start of the season. It is important to have documentation of brain function when healthy so that deficits can be seen if a concussion is to occur.

The Concussion Tracker smartphone application is a secure system which supports accurate diagnosis and safer return-to-sport decisions for young athletes. When a concussion hits, Concussion Tracker enables an athlete's stakeholders to:

- Report and track concussion
- Conduct sideline assessments
- Ensure seamless communication
- Record athlete's recovery status and timeline
- Scan and share medical documents
- Track daily symptoms for recovery progress
- Store and view pre-season concussion test results

Click here for more information on the [Concussion Tracker App](https://completeconcussions.com/resources/concussion-tracker-app/)  
(<https://completeconcussions.com/resources/concussion-tracker-app/>)

### **Media Embed:** Concussion Tracker App Image

[Download](#)

The Complete Concussions media assets can be found on the Clinic Resource Portal. Please note: The Complete Concussions media assets should not be modified in any way.

### **Webpage Content:**

The neurocognitive test in the Concussion Tracker app is only one component of a proper multimodal baseline test. Multimodal pre-season testing is a series of physical and cognitive tests that provides a pre-injury overview of healthy brain function. These tests can offer healthcare practitioners with an objective benchmark on which to compare should a patient sustain a concussion. It's important to remember that not all baseline testing is created equal. Complete Concussions has selected the best evidence-based tools available to provide you with comprehensive, multimodal, proven baseline-testing.

As concussion symptoms often disappear days to weeks before the brain has recovered, having valuable baseline information may help practitioners to make safer return to play decisions.

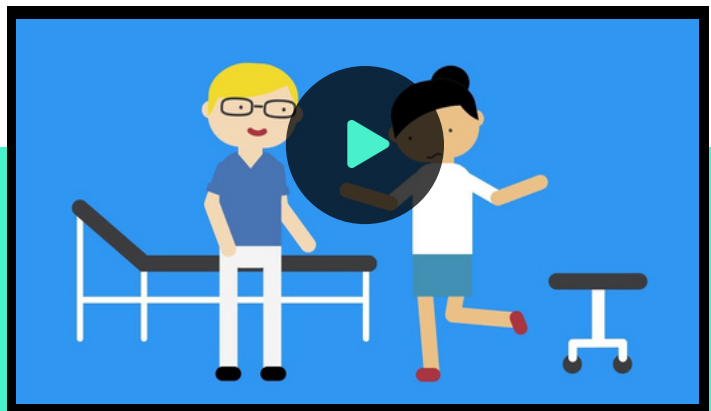
**The Sarnia Girls Soccer Club** encourages all athletes ages 10 and up to undergo full pre-season testing.

### **Media Embed:**

#### Multimodal Baseline Testing

<https://youtu.be/VwA1CFJldXc>

```
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allow="autoplay; fullscreen; picture-in-
picture" allowfullscreen></iframe>
```





## Subpage Title:

Return-to-Learn and Play

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## Webpage Content:

Following a concussion, athletes should be assessed by a physician or licensed healthcare provider with training in concussion, and not return to sport until properly cleared to do so by their healthcare provider.

Dr. Erin A. White at motus HEALTH and a current long time coach at SGSC, has offered special prompt access for support, assessment, diagnosis and rehab for any SGSC athletes.

Contact info:

Phone: 519-332-4222

Email: [motuschiro@gmail.com](mailto:motuschiro@gmail.com)

Online Booking:

<https://motushealth.janeapp.com/>

Returning to activity involves a step-wise process of increasing physical and mental activity to ensure that the concussed individual is able to tolerate increasing demands.

To review these stages, please see our Concussion Policy ([link](#)) and/or download the

## Subpage Title:

Concussion Treatment

## Webpage Content:

In some cases, the effects of concussion can last for weeks or even months; this is known as PCS (Persistent Concussion Symptoms or sometimes called Post-Concussion Syndrome).

While most people make a full recovery, between 30-40% of people will experience PCS. Following proper return to learn or play guidelines, and receiving information about concussions, expectations of recovery and strategies for symptom management can help to reduce the risk. There is also evidence that early active-rehabilitation such as sub-symptom threshold exercise, visual and vestibular rehab, and treatment of the muscles and joints of the neck within the first 10 days after injury can significantly speed recovery and reduce the risk of having a prolonged outcome.

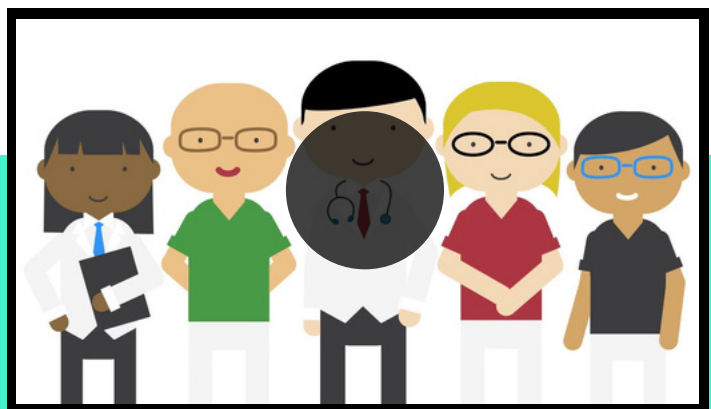
If you've had symptoms for 10 days or longer, speak to your doctor or healthcare provider or find a CompleteConcussions.com clinic near you to start a rehabilitation program ASAP.

## Media Embed:

Treatment & Rehabilitation Video

<https://youtu.be/R5dtOR7UEzw>

```
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src="https://player.vimeo.com/video/726754731?
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allowfullscreen></iframe>
```



# Content Suggestions.

## PART 6

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**i Subpage Title:** Complete Concussions Free Educational Resources

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**i Webpage Content:**

Through our partnership with Complete Concussions, we have been provided with a number of resources to help parents and athletes be better prepared for concussion injuries. We encourage you to take a look through the following free resources so that you can take the appropriate steps to be concussion prepared!

- Concussion Handbook
- Concussion Code of Conduct
- Implementation Guide
- Concussion Policy
- Assessment & Clearance Letters
- Concussion Tracker App – Getting Started Guide

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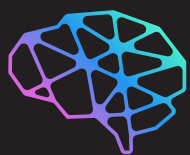
**i Media Embed:** Concussion Handbook Cover Image

[Download](#)



The Complete Concussions media assets can be found on the Clinic Resource Portal.

Please note: The Complete Concussions media assets should not be modified in any way.



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# About Complete Concussions.

Complete Concussions is a global concussion research and clinical management network with 450+ clinic locations that provide concussion testing, management, and treatment services across three continents.

Through evidence-based training programs and integrated healthcare technologies, Complete Concussions empowers multidisciplinary teams to provide standardized care to those impacted by concussions.

Complete Concussions serves to improve the collective understanding of the prevention, management, and prognosis of concussion, while providing accessible, patient-centric care based on the latest scientific and medical research.

For more information, visit [www.completeconcussions.com](http://www.completeconcussions.com).



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@CCMConcussions