



Reference links for health professionals

General concussion articles

[Neurochemical cascade of concussion](#). MacFarlane MP, Glenn TC. Brain Inj. 2015;29(2):139-53. doi: 10.3109/02699052.2014.965208. PMID: 25587743 Review.

[The Molecular Pathophysiology of Concussion](#). Howell DR, Southard J. Clin Sports Med. 2021 Jan;40(1):39-51. doi: 10.1016/j.csm.2020.08.001. PMID: 33187612 Free PMC article. Review.

Rehabilitation of Concussion and Post-concussion Syndrome, Leddy J. et al Sports Health 2012 Mar, 4(2) 147-154 (Systematic review)

A Multidimensional Approach to Post-Concussion symptoms in mild traumatic brain injury. Polinder S et al. Front Neurol. 2018, 9 1113

Regulatory and autoregulatory physiological dysfunction as a primary characteristic of post-concussion syndrome: Implications for treatment. Leddy J. et al NeuroRehab 2007, 22 (3) 199-205 (Review of literature)

Management of Concussion and Post-Concussion Syndrome. Willer B and Leddy J. Curr Treat Options Neurol. 2006 Sep, 8(5)415-26 (Review of literature)

Predictors of clinical recovery from concussion: a systematic review. Iverson GL. Et al. Br J Sports Med. 2017 Jun 51(12)941-948

Approach to investigation and treatment of persistent symptoms following sport-related concussion: a systematic review. Makdissi M. et al. Br J Sports Med. 2017 Jun 51(12)958-968

Concussion is treatable: Statements of Agreement from the Targeted Evaluation and Active Management (TEAM) Approaches to Treating Concussion Meeting held in Pittsburgh, October 15-16, 2015 (Clinical practice guidelines/models of care agreed at PCS meeting)

What evidence exists for new strategies or technologies in the diagnosis of sports concussion and assessment of recovery? Kutcher JS. Et al. Br J Sports Med. 2013 Apr 47(5) 299-303 (Review of literature)

Rest and Return to Activity after Sport-related Concussion: a systematic review of the literature. McLeod TC. Et al J Athl Train. 2017 Mar 52(3)262-287

Active Rehabilitation of Concussion and Post-concussion Syndrome. Leddy JL, et al Phys Med Rehabil Clin N Am. 2016 May 27(2) 437-54

Guideline for Concussion/Mild Traumatic Brain Injury & Persistent Symptoms Ontario Neurotrauma Foundation, 2018 (3rd Ed)

Multi-Disciplinary Management of Athletes with Post-Concussion Syndrome: An Evolving Pathophysiological Approach. Frontiers in Neurology Ellis et al 2016, 7, 136

Managing recovery from concussion. Concussion infographic. Brooks J. et al BMJ 2016, 355

Physical Therapy Evaluation and Treatment After Concussion/ Mild Traumatic Brain Injury. Quatman-Yates et al CPG (2020)

Return to Activity Articles

Principles for return to learn after concussion. Baker JG. Et al IJCP Nov 2014 68, 11, 1286-1288

Return to sport strategy. Parachute Canada (2018)

Macnow T, Curran T, Tolliday C, Martin K, McCarthy M, Ayturk D, et al. Effect of Screen Time on Recovery From Concussion: A Randomized Clinical Trial. JAMA Pediatrics [Internet]. 2021 Sep 7 [cited 2021 Sep 20]; Available from: <https://doi.org/10.1001/jamapediatrics.2021.2782>



Additional Management

Physiological, vestibulo- ocular and cervicogenic post-concussion disorders: An evidence-based classification system with directions for treatment, Ellis et al Brain Injury. 2015, 29(2)238-48

OPTIMa Collaboration (2015), Management of neck pain and associated disorders, CPG

Walker GA, Wilson JC, Seehusen CN, Provance AJ, Howell DR. Is near point of convergence associated with symptom profiles or recovery in adolescents after concussion? Vision Research. 2021 Jul 1;184:52–7.

Cognitive Articles

Cognitive Impairment Following Acute Mild Traumatic Brain Injury. Freitas Cardoso MGd et al. Front. Neurol. 08 March 2019 (Comparing cognitive changes mild head injury group with similar age/no head injury group)

Mild Traumatic Brain Injury (mTBI) and chronic cognitive impairment: A scoping review. McInnes K. et al. PLoS One. 2017 12(4)

Mahncke HW, DeGutis J, Levin H, Newsome MR, Bell MD, Grills C, et al. A randomized clinical trial of plasticity-based cognitive training in mild traumatic brain injury. Brain. 2021 Jul 1;144(7):1994–2008.

Fatigue Articles

Activity pacing, avoidance, endurance, and associations with patient functioning in chronic pain: a systematic review and meta-analysis. Andrews NE. et al Arch Phys Med Rehabil. 2012 Nov 93(11)2109-2121

Activity pacing: moving beyond taking breaks and slowing down. Antcliff D. et al Qual Life Res. 2018 27(7) 1933-1935

Headache Article

Headache management in concussion and mild traumatic brain injury. Lucas, S. PM&R 26 October 2011



Noise and Light Sensitivity Articles

Sensitivity to light and sound following minor head injury Waddell PA, Gronwall DM. Acta Neurol Scand. 1984 May 69(5)270-6 (9 clients assessed for noise/light sensitivity)

Sensitivity to sounds in sport-related concussed athletes: a new clinical presentation of hyperacusis. Assi H. et al Sci Rep. 2018, 8, 9921

Sports related concussion articles

Consensus statement on concussion in sport—the 6th international conference on concussion in sport held in Amsterdam: Patricios JS, Schneider KJ, Dvorak J, et al. Br J Sports Med 2023;57:695–711

Concussion in Sport Australia: <https://www.concussioninsport.gov.au/>

SCAT5, Davis GA, et al. British Journal of Sports Medicine. 2017

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