

CONCUSSION – Finding the Right Physician

One of the key components to recovering from a concussion is to ensure you are receiving proper care and management from the start. It's important to find a physician trained in Concussion Management who fully understands the complexity of concussions. So how do you know you are seeing the right physician for your son/daughter? Here are a couple tips:

- 1- Since your child has received a baseline ImpACT test, you want to make sure you find a provider that is a Credentialed ImpACT Consultant (CIC). This means the physician has attended additional courses to receive this credential and knows the most up-to-date management tools for concussions.
- 2- A full concussion evaluation should identify any concerns in these 6 Categories:
 1. **Cervicogenic** – Looking for neck pain or a whiplash mechanism of injury.
 2. **Vestibular** – How the eyes, brain, and body work as one. The doctor completes a detailed eye and balance exam.
 3. **Ocular** – Making sure the eyes are working together as a unit
 4. **Cognitive** – Review of a detailed history, ImpACT testing review, and symptomology.
 5. **Psychological/Psychiatric** - Family or past medical history outlining diagnosis of anxiety, depression, ADHD, etc.
 6. **Sleep** – Review of one's normal sleep patterns and whether there has been any disruption.

Here is a list of Credentialed ImpACT Consultant (CIC) Physician in our area, just to name a few:

You can find the complete list of CIC providers at www.impacttest.com

Smith Medicine, PC
100 E Lancaster Ave
Wynnewood, PA 19096
Phone: 484-928-0007
Physician: Bradley J Smith, M.D.

Jefferson Comprehensive Concussion Center
4050 South 26th Street Suite 140
Philadelphia, PA 19112
Phone: 800-321-9999
Physicians: Rob Franks, D.O., F.A.O.A.S.M. and Stephen Stache, M.D.

The Children's Hospital of Philadelphia
210 Mall Boulevard
King of Prussia, PA 19406
Phone: 215-590-6919
Physicians: Matthew Grady M.D., Christina Master M.D. and Christian Turner, M.D.

Rothman Institute- 1-800-321-9999
Bryn Mawr
825 Old Lancaster Road
Suite 100, 140 and 200
Bryn Mawr, PA 19010
Physicians: Stephen Stache, M.D. and Michael Duncan, M.D.

Newtown Square
3855 West Chester Pike- Suite 340
Newtown Square, PA 19073
Physician: Stephen Stache, M.D. and Trish Beatty (Also in Lankenau)

King of Prussia
234 Mall Boulevard- Suite G-30
The Atrium Building
King of Prussia, PA 19406
Physician: Stephen Stache, M.D.

Your son/daughters Passport ID: _____

Please provide this at initial office visit with CIC physician so they are able to access your son/daughters baseline results.

Orthopaedic List for Harriton High School

1. Bradley J Smith -Sports Medicine Physician (Team Dr. for Harriton High School)

Location: 100 E Lancaster Avenue
Wynnewood, PA 19096

Contact: 484-928-0007

2. Rothman Institute Orthopedics

Locations:

825 Old Lancaster Road
Bryn Mawr, PA 19010

234 Mall Blvd
King of Prussia, PA 19406

3855 West Chester Pike
Newtown Square, PA 19073

Contact: 800-321-9999

Sports Medicine Physicians: Dr. Harwood, Dr. Freedman, Dr. Frederick, Dr. Rubenstein, Dr. Dodson

3. Premier Orthopedics & Sports Medicine

Locations: Main Line Sports Medicine 931 Haverford Road
Bryn Mawr, PA 19010

Contact: 610-520-6170

Sports Medicine Physicians: Dr. Kevin Walsh, Dr. Paul Horenstein

4. Your Next Step- The foot and Ankle Care Center

Location: 99 Rittenhouse Place
Ardmore, PA 19003

Contact: 610-642-8897

Dr. Yagodich

5. CHOP Pediatric Orthopedics

Location: 550 S Goddard Blvd
King of Prussia, PA 19406

Contact: 215-590-1527

Dr. Mathew Grady

When making an appointment, please let the office know your child is a high school athlete at Harriton High School and looking for the next available appointment.