

Tips for Choosing a Concussion Clinic

Summary

One of the first things your doctor will ask you is about your concussion history. Coming prepared to your first appointment will help you get on the road to recovery as soon as possible. It can be a challenge, especially if you're experiencing memory loss. **Here are a few tips from CLF to help you out!**

1

How many patients does the clinic see?

There is no substitute for experience. A doctor who sees primarily concussion patients will be more familiar with the complexities of concussion recovery than a more general practitioner. If it's an option, choosing a concussion specialist can help avoid missteps through the recovery process that can potentially prolong symptom duration.

2

What level of medical training did the clinicians receive?

Your care team may eventually involve multiple specialties and include doctors, clinicians, therapists, and more. However, for your initial evaluation, and to lead your care team, we suggest doctoral level clinicians such as MD, DO, or a relevant PhD.

3

Are multiple disciplines represented on staff?

Concussions are a complex injury, and your treatment could require multiple specialists. Look for a multidisciplinary team that may include neurologists, psychiatrists, neuropsychologists, psychologists, physiotherapists, occupational therapists, athletic trainers, and more. A clinic with a diverse staff of specialists is best.

4

How long has the clinic been open and seeing patients?

Resources for concussed patients continue to expand. Existing clinics are beginning to tailor their practices to the needs of concussion patients, and new clinics are opening faster than ever before. There is a steep learning curve, however, and practitioners at new clinics may be less experienced than specialists at established clinics.

5

Is the clinic affiliated with an accredited medical institution?

The majority of top tier clinics are affiliated with hospitals or universities, and affiliated clinics tend to have more treatment resources available. There are notable exceptions of top tier clinics operating independently, but in general, affiliations can be helpful when trying to distinguish between several clinic options.

