

SPORTS CONCUSSION INSTITUTE

"Excellence in Concussion Management"

Centinela Freeman Regional Medical Center, Marina Campus



Mild Head Injury Clinic
Pain Management Clinic
Memory Disorders Clinic

An estimated ten percent of all athletes participating in contact sports suffer a concussion each season. Concussions occur when a blow to the head or neck interrupts brain function. The effects of these concussions vary between individuals, and many mild concussions are undiagnosed and unreported. Most athletes recover from concussions completely and can return to play following an appropriate period of recovery. However, knowing when it is safe to return to play in order to avoid serious brain injury is crucial.

The Sports Concussion Institute at Centinela Freeman Regional Medical Center, Marina Campus was



designed to address the comprehensive needs of the athlete who has sustained a concussion, in order to facilitate his or her recovery and safe, confident return to play. The highly experienced and skilled medical and professional staff of the Institute are dedicated to "excellence in concussion management," providing high level services in the diagnosis, treatment, rehabilitation, and overall care of the concussed athlete.

Overall Approach/Philosophy of the Institute:

- Intensive, short-term cognitive rehabilitative model.
- Efficient, high-quality services aimed at symptom reduction and management in order to facilitate patients to return to their baseline levels of activity as soon as reasonably possible.
- An interdisciplinary approach to diagnosis, treatment and evaluation. This means that highly experienced and skilled professionals from a variety of disciplines will communicate and work together in order to provide a comprehensive treatment plan for the individual patient. Our team of professionals include: neurologists, neuropsychologists, neuropsychiatrists, physical therapists, nurse practitioners, adult and adolescent clinical psychologists, speech pathologists, education specialists, and life coaches.
- The Sports Concussion Institute is comprised of three clinics: Mild Head Injury Clinic, Pain Management Clinic, and the Memory Disorders Clinic. Each of these clinics function together to provide the best combination of services possible to prevent, diagnose and treat concussion.





Our Services:

Mild Head Injury Clinic

This clinic is designed to tailor rehabilitation to an individual's specific needs. Patients will be assessed by board certified physicians, board certified neuropsychologists, and their staff, who have had extensive experience in the field of traumatic brain injury and concussion. Following evaluation and assessment, patients will receive prompt treatment, which may include: medical care from a physician, ongoing services (e.g., serial assessment, mild head injury education, counseling, cognitive therapy) from a psychologist or neuropsychologist, and/or a referral to our extensive network of physical specialists and ancillary medical professionals.



One of the core assessment procedures used in this clinic is ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing), an objective computerized test that is currently used by the NFL, NHL, NASCAR, professional boxing, and many high schools and colleges. The use of ImPACT enables our doctors to conduct a simple, 20-minute computer evaluation of an athlete's neurocognitive status (i.e., memory, processing speed, and other related functions) following concussion. In addition to computerized testing, athletes/patients in this clinic will also undergo a broader neurologic and neuropsychological examination in order to ensure that all the information needed for the proper evaluation and treatment of mild head trauma is obtained.



Treatment of postconcussive syndrome in general will focus on individual patient responsibility, patient education, symptom reduction, and promoting a return to previous lifestyle and function. Treatment/evaluation of sports concussions will, in addition, focus on safe return to play and reducing the possibility of second impact syndrome.



Pain Management Clinic

Many athletes and patients who have sustained a concussion experience pain problems, such as headache, back pain, and neck pain. Treatment of these problems following concussion is vital to the recovery process, as untreated pain symptoms can prolong recovery time as well as contribute to the cognitive and emotional symptoms of concussion. The Pain Management Clinic is designed to foster efficient and effective treatment of pain symptoms. Physicians, clinical psychologists, and their staff, who have specialized training and knowledge of pain, will evaluate the patient. Pain is almost always multi-factorial in nature, meaning that there are physical, psychological, and social factors contributing to the experience of pain. As such, patients enrolled in this clinic can expect to receive a comprehensive and interdisciplinary approach to the evaluation and treatment of their particular pain problem.



Following the initial evaluation, prompt recommendations and treatment will ensue. This may include medical treatment and follow-up by a physician (e.g., analgesic medications, injections and interventional procedures, etc.), ongoing behavioral intervention or therapy (e.g., biofeedback, relaxation training), complimentary and alternative interventions (e.g., acupuncture/acupressure, therapeutic massage, nutritional counseling, etc.), a neuropsychiatry consult, or referral to our network of specialists (e.g., physical therapy and symptom specific functional restoration). Because pain complaints are often a part of the post-concussive syndrome, the Pain Management Clinic is a crucial resource to the Mild Head Injury Clinic.

Concussion Facts:

- Each year, more than 750,000 Americans report injuries sustained during recreational sports, with 82,000 involving brain injuries.
- Brain injuries cause more deaths than any other sports injury. In football, brain injuries account for 65% to 95% of all fatalities. Football injuries associated with the brain occur at the rate of one in every 5.5 games. In any given season, 10% of all college players and 20% of all high school players sustain brain injuries.
- 87% of professional boxers have sustained a brain injury. 5% of soccer players sustain brain injuries as a result of their sport. The head is involved in more baseball injuries than any other body part. Almost half of the injuries involve a child's head, face, mouth or eyes.
- Up to 86% of athletes that suffer a concussion will experience Post-Traumatic Migraine or some other type of headache pain. In fact, recent evidence indicates that presence and severity of headache symptoms may be a very significant indicator of severity of head injury and help guide return to play decisions.



Meet our staff:

Tony L. Strickland, M.S., Ph.D., (Institute Director): Dr. Strickland is a board-certified clinical neuropsychologist with considerable experience in concussive disorders. He is an Associate Professor of Psychiatry-in-Residence, Semel Neuroscience Institute, David Geffen School of Medicine at UCLA. He received his doctorate in clinical psychology (Behavioral Medicine) from the University of Georgia, and completed postdoctoral fellowship training in clinical neuropsychology at the Neuropsychiatric Institute, UCLA School of Medicine. Dr. Strickland also completed a postdoctoral clinical research fellowship in psychopharmacology at Harbor-UCLA Medical Center. He is a fellow of the National Academy of Neuropsychology, the American Psychological Association Division 50 (Addictions), and the American College of Professional Neuropsychology. Dr. Strickland is a Diplomate of the American Board of Professional Neuropsychology with extensive clinical and research experience in the areas of neurobehavioral sequelae of traumatic brain injury, dementia, substance abuse, differential responses to psychotropic medication, and cross-cultural neuropsychology. Dr. Strickland is the Director of the Concussion Management Program for Boxers of the California State Athletic Commission. He has been the principal investigator of a number of National Institute of Health supported research investigations, and has managed a large number of other projects primarily related to clinical neuroscience. He is the author of numerous research articles and has presented nationally and internationally.

Arthur P. Kowell, M.D., Ph.D., (Institute Director of Neurology): Dr. Kowell is a board-certified neurologist and clinical neurophysiologist. He earned his medical degree and doctorate of philosophy from the University of Pennsylvania in 1974. Dr. Kowell completed his medical internship in 1975 and neurology residency in 1978, both at UCLA Medical Center. Dr. Kowell is currently a Clinical Professor of Neurology at UCLA and a partner in Encino Neurological Medical Group, Encino, California. His specialty areas of interest and practice include: brain injury, clinical neurophysiology, and neurobehavioral problems including violent and aggressive behavior.

Vernon B. Williams, M.D., (Director, Pain Management Clinic and Sports Neurology): Dr. Williams is a board-certified neurologist with an interventional and multidisciplinary sub-specialty in Pain Management. Dr. Williams earned his medical degree in 1992 at the University of Michigan as a member of its prestigious Inteflex accelerated medical program. His neurology residency training at the University of Maryland was followed by a pain fellowship at Johns Hopkins University. Since 1998, Dr. Williams has directed the Neurology and Pain Management Services with the world-renowned Kerlan-Jobe Orthopaedic Clinic in Los Angeles. He is a consultant to multiple area professional, college, and high school sports teams including the Los Angeles Kings, Galaxy, Lakers, Avengers and Dodgers, the Anaheim Ducks and Angels, as well as Loyola University. Dr. Williams' primary areas of expertise include: Sports neurology, concussion, headache, and pain management. He serves on the Pain Section board of the American Academy of Neurology and actively educates physicians, community groups and the lay public through local and national lectures, publications, and as a print and television media consultant.

James E. Rosenberg, M.D. (Director of Neuropsychiatry): Dr. Rosenberg is a board-certified psychiatrist with subspecialty expertise in the areas of neuropsychiatry, psychopharmacology and the effects of psychiatric disorders and medications on athletic performance. Dr. Rosenberg received his medical degree from the UCLA School of Medicine; completed an internship in medicine, surgery and neurology at the Virginia Mason Clinic in Seattle, WA; a psychiatry residency at the UCLA Neuropsychiatric Institute; and a fellowship in forensic psychiatry at the Case Western Reserve University School of Medicine in Cleveland, Ohio. Dr. Rosenberg serves as a consultant to multiple organizations, including the Medical Board of California. Formerly, he was Assistant Director of

Mental Health and Chief of Psychiatric Intensive Care at the West Los Angeles VA Medical Center, a major UCLA teaching hospital. He served on the Executive Council of the Society for Clinical and Experimental Hypnosis. Dr. Rosenberg is a Clinical Assistant Professor of Psychiatry at the David Geffen School of Medicine at UCLA, and a member of the American College of Sports Medicine.

Tony M. Wong, Ph.D., ABPP-CN (Director of Cognitive Rehabilitation): Dr. Wong is a board-certified clinical neuropsychologist. He earned his Ph.D. from the University of Southern California in 1982, and completed a postdoctoral fellowship in clinical neuropsychology at the University of Rochester Medical Center in 1988. He is currently an Associate Professor of Orthopedics and Rehabilitation at the University of Rochester Medical Center, and Director of Neuropsychology at Unity Health System in Rochester, New York. His specialty areas of interest and practice include: sports and non-sports related concussion/mild traumatic brain injury; brain injury rehabilitation and treatment; and assessment of cognitive and behavioral problems associated with various neurologic disorders.

Gloria Rodriguez Adams, RN, MSG (Institute Clinical Manager): Ms. Rodriguez-Adams received her nursing training at King's County Hospital Center, Brooklyn, New York, and a Master of Science in Gerontology from the University of Laverne. Gloria's nursing experience has involved extensive work in community health care settings and long term care. She is currently responsible for coordinating the clinical aspects of the Sports Concussion Institute and its clinics. Her specialty interests include providing support, training and education to families and health care providers caring for individuals with a dementing process.

Michele R. Cooley, M.Ed., Ph.D., (Institute Child Clinical Psychologist and Life Coach): Dr. Cooley is a licensed psychologist who specializes in treating and preventing anxiety disorders in youth and adults. She earned her bachelor's, master's, and doctoral degrees from the University of Virginia, in 1992 and completed her post-doctoral training at the Medical University of South Carolina in 1994. Currently, Dr. Cooley is an Associate Professor in the School of Public Health at Johns Hopkins University. Dr. Cooley's specialty areas of interest and practice include anxiety disorders and other internalizing disorders, as well as major disorders of childhood. Dr. Cooley has published and co-authored over twenty-five treatment manuals, journal articles, and book chapters pertaining to the assessment, treatment, and prevention of anxiety, exposure to violence, and disorders of childhood and adolescence.

Barry D. Jordan, M.D., M.P.H. (Neurological Consultant): Dr. Jordan is a board certified neurologist with specialized interests in sports neurology, Alzheimer's disease, and traumatic brain injury. Dr. Jordan is currently the Chief Medical Officer of the New York State Athletic Commission and a team physician for U.S.A. Boxing. He is also an Associate Professor of Clinical Neurology at Weill Medical College of Cornell University and serves as the Director of the Brain Injury Program at Burke Rehabilitation Hospital in White Plains, New York. Dr. Jordan graduated from the University of Pennsylvania with a B.A. in neurophysiology and obtained his M.D. degree from Harvard Medical School. Dr. Jordan completed an internship in internal medicine at U.C.L.A. Medical Center and performed his neurology residency training at the New York Hospital-Cornell University Medical Center. He completed a fellowship in public health at Cornell University Medical College, a clinical neurology fellowship at the New York Hospital-Cornell Medical Center, a fellowship in sports neurology at the Hospital for Special Surgery, and a fellowship in behavioral neurology at U.C.L.A. Medical Center.

Javier G. Hernandez-Justiniano, M.A., Psy.D. (Neuropsychology Fellow): Dr. Hernandez is a Postdoctoral Clinical Neuropsychology Fellow. He earned his doctorate in clinical psychology (neuropsychology) from the Ponce School of Medicine, Puerto Rico, in 2004. He is currently

completing his postdoctoral fellowship in clinical neuropsychology at the Sports Concussion Institute and David Geffen School of Medicine at UCLA. His specialty areas of interest and practice include: traumatic brain injury, sports-related concussions, pediatric neuropsychology, cardiac psychology, and behavioral medicine focused on coping with chronic illness and pain management. Dr. Hernandez' research interests include: memory disorders and neurodegenerative syndromes in underserved populations.



Contact us:

Sports Concussion Institute is dedicated to providing our patients with excellent services and professional medical experiences. For further assistance in finding a doctor or the service to suit your needs, please call us at **310-577-5505**.

Sports Concussion Institute

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