



# MID ATLANTIC BRAIN & NEUROLOGICAL REHABILITATION

## CONCUSSION & TRAUMATIC BRAIN INJURY

**Concussion and Traumatic/Mild Traumatic Brain Injury (TBI/mTBI) is a brain injury that changes the way the brain functions.**

Most of the time structural damage does not occur, therefore imaging of the brain (MRI, CT) are usually normal, however symptoms often manifest. Headaches, head pressure, confusion, foginess, dizziness, nausea, delayed responses to questions, memory-loss, and overall decreased function are only a few of the myriad of symptoms which patients may experience. Thankfully, many concussions are mild and self-limiting, and people usually recover fully. In other instances however, the effects of the incident may be devastating and life-changing. Quite frequently the onset of a concussion/TBI is not obvious at the time of occurrence, and people often fail to realize the inception of the condition, or appreciate the potential considerations therein until a modicum of time has passed. In fact, concussions often do not result in loss of consciousness – a fact frequently overlooked by many health care providers.



Concussion and Traumatic/Mild Traumatic Brain Injury (TBI/mTBI) is a complex injury with a broad spectrum of symptoms and disabilities, and the impact on a person and his or her family can be devastating. Brain injuries do not heal like other injuries. Recovery is one of function, based on mechanisms typically requiring highly specialized education, and training in order to assist with repair and monitor recovery. Toward this end, no two brain injuries are alike, and the consequences of two similar injuries may be very different. It is essential for your health care providers to be aware of this fact, identify areas of dysfunction, and customize a therapy/interventional strategy towards maximizing the potential for recovery. The effects of Concussion/TBI can be both profound, and devastating. Individuals with severe injuries can be left in long-term unresponsive states requiring long-term rehabilitation to maximize function and independence. Even with mild TBI, the consequences to a person's life can be dramatic, often having an enormous impact on family, employment, and even social and community interaction.

MABNR (Mid-Atlantic Brain & Neurological Rehabilitation) works within a multi-disciplinary team/system dedicated to the patients and their specific needs. Utilizing receptor-based modalities and clinical neuroscience, we help repair the brain by targeting specific areas to restore or enhance function. Treatment plans are individualized, and a host of therapeutic interventions are employed such as:



- In depth/comprehensive physical and neurological examination
- Balance and posture testing
- Ocular motor examination of the eyes and their ability to track, move and focus
- Custom visual, balance, coordination and cognitive exercises
- Equilibrium and balance improvement
- Somato-sensory electrical stimulation
- Memory and cognitive testing
- Targeted brain stimulation
- Gait analysis

We employ advanced neurological and physical examinations, with in-office diagnostic testing to most accurately identify brain impairments, and dysfunction. We then design an individualized care program that addresses each patient's specific challenges and deficiencies, while continuously measuring their progress, and refining their treatment regimens based on recovery.

TO REQUEST A CONSULTATION WITH OUR TEAM, visit our website: [www.mabnr.com](http://www.mabnr.com)  
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