



# CONCUSSIONS

## New Information Is Out!

### What We Need To Understand

**Presented by: Mr. Maurice Michaud**  
**Physiotherapist, President of North Shore Concussion Care**  
**Wednesday, May 22, 2019 6:30-7:30 pm**  
**Sentinel Secondary School in the Library**  
**1250 Chartwell Drive, West Vancouver**

#### **“No, you can’t play that game! Why not? Because it’s too dangerous!”**

The media has recently bombarded us with information about the dangers of playing contact sports. Most of us worry about our children’s safety. When we hear news stories regarding the fate of some professional athletes, we may decide not to allow our children to participate – that ‘No’ is the way to go!



The purpose of this information session is to begin with a review of some of the recent research and literature on Chronic Traumatic Encephalopathy (also known as CTE).

#### **“Are our children at risk? If so, can we decrease that risk?”**



This presentation will review the prevalence of concussion in sports. Information will be shared about misdiagnosis and the levels at which concussions are under reported.

Mismanagement of any injury puts our children at risk so proper diagnosis is critical. Risk can be decreased by use of protective gear, disallowing contact with younger players and the teaching of proper technique when going into contact during the game. Poor injury outcomes can be decreased following concussion by proper management at the onset of the injury. Mr. Michaud will discuss management and mismanagement of concussion injuries. Baseline testing is a major tool for decision making in the area of safe return to play.

#### **“What is yearly baseline testing and how can it help?”**

Baseline testing gives us a preinjury level of function of the athlete. Various governing bodies in Canadian sport are providing conflicting information about what should or should not be done regarding baseline testing. We will look at the recent papers put out by these governing bodies and discuss their findings and suggestions.



#### **“My child was diagnosed with a concussion! Now what? What will happen if my child has another concussion? Will they forever be at risk?”**

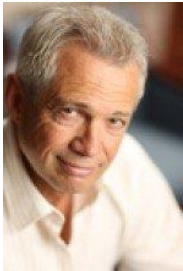
Concussion is treatable. We will discuss what happens to the brain at time of injury and the timeline of brain recovery in the concussed athlete. Proper management of the concussion injury based on recent literature will be presented along with vulnerability to a second concussion. Critical thinking and testing are mandatory prior to the athlete returning to play.



## **“Who will be responsible for my child’s wellbeing if he or she experiences a concussion?”**

Many people can assist in the proper care of our children. Clinicians, educators, coaches, and parents all have a role to play. We will look at what should be expected of all adults who work with our children, in various capacities, until the injury has been resolved. Who is best qualified? Who has the best training in concussion care and management? These questions will be answered. Come on out and hear the latest information about concussion management.

**To register for this event please leave your name and the number of people that will be attending with Lorna Roguski at [lorna@northshoreconcussioncare.ca](mailto:lorna@northshoreconcussioncare.ca)**



### **Mr. Maurice Michaud**

Qualifications: BScPT, MCPA, Certified with [Complete Concussion Management Inc.](#)

Mr. Michaud holds a Bachelor of Science in Physiotherapy from the School of Rehabilitation Medicine at UBC.

He has 25 years’ experience working as a physiotherapist in private practice, 20 years of which were as the owner of West Vancouver Physiotherapy.

Mr. Michaud volunteered as the physiotherapist and head trainer with the [Capilano Rugby Football Club for 17 years](#). His duties included prepping the players for full contact play and on-field emergency medical coverage. He has been on seven international high school boys’ rugby tours providing emergency medical coverage for children from five different high schools on the north shore. He has also been on international rugby tours with the Capilano Men’s Premier Rugby Squad.

Mr. Michaud is a recipient of the North Shore Sports Volunteer of the Year Award. He has recently completed the Certification Course with Complete Concussion Management Inc. and his new practice deals exclusively with concussion care and associated whiplash disorders. He is registered with the [Physiotherapy Association of British Columbia](#) and [SportMedBC](#).