

SPORTS MEDICINE CONCUSSION CLINIC TEAM

At Nova Southeastern University, community engagement, innovation, and student centeredness are terms embedded within our core values. Our sports medicine program is driven by an interdisciplinary team of health care providers responsible for providing care to all NSU athletics programs.



Ingrid D. Carter, D.O., is a board certified emergency medicine physician with an added certificate in sports medicine. She completed her emergency medicine training at John H. Stroger, Jr. Hospital of Cook County in Chicago, Illinois. She has provided medical care and coverage for Division I athletics, Olympics events, and professional sports.



Roody Joseph, PT, D.P.T., OCS, physical therapist for NSU sports medicine and assistant professor, received his doctorate in physical therapy from Florida International University in 2012. He joined the NSU-COM faculty in January 2016 after completing an orthopaedic physical therapy residency program at The Ohio State University.



Lisa Lashley, Psy.D., neuropsychologist for NSU sports medicine, received her doctorate in clinical psychology from Nova Southeastern University. She joined the NSU College of Psychology clinical faculty in August 2011 and serves as assistant director of the Neuropsychology Assessment Center.



Alessandra Posey, D.O., serves as NSU's team physician and assistant professor and is board certified in family medicine and sports medicine. She is a graduate of Lake Erie College of Osteopathic Medicine. After finishing her family medicine residency training at Palmetto General Hospital, she completed her sports medicine fellowship at NSU.

SPORTS MEDICINE CONCUSSION CLINIC

3301 College Avenue
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Monday: 9:00 a.m.–5:00 p.m.
Wednesday: 9:00 a.m.–noon
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College of Osteopathic Medicine
College of Psychology
College of Health Care Sciences

Nova Southeastern University

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*"Everything we do, every thought we've ever had, is produced by the human brain. But exactly how it operates remains one of the biggest unsolved mysteries, and it seems the more we probe its secrets, the more surprises we find."
...Neil deGrasse Tyson*



Concussion management is one of the many areas of focus at Nova Southeastern University's (NSU) Sports Medicine Clinic. Our core concussion treatment team consists of a physician, a physical therapist, athletic trainers, and a neuropsychologist.

WHAT IS A CONCUSSION?

It is an uncompensated injury to the brain caused by shaking of the brain within the skull due to a forceful blow. In sports, this may occur during

- player-to-player contact
- player-to-surface contact with grass, hardwood, ice, and/or equipment (e.g., baseball bat or soccer ball)

Concussions change the normal function of the brain and present differently for every athlete. It's important to note that loss of consciousness does not have to be present for a concussion to occur.

CONCUSSION CLINIC TEAM ROLES

Physician

- leads and collaborates with the broader sports medicine team, which includes psychologists, vision therapists, specialty physicians and surgeons, nutritionists, and strength and conditioning coaches
- assists with evaluation, sideline management, and rehabilitation

Physical Therapist

- manages symptoms lasting longer than 10 days (known as post-concussion syndrome)
- assists with evaluation, rehabilitation, and consultation on return-to-play progression

Neuropsychologist

- administers paper- and pencil-based neuropsychological assessment
- assists with evaluation and rehabilitation

Athletic Trainer

- provides sideline assessment of possible concussions during games
- assists with evaluation, sideline management, and rehabilitation



HIGH-RISK SPORTS

- football
- girls' soccer
- boys' lacrosse

TRENDS

- Studies show a steady increase in concussion rates over time.
- Girls are two times more susceptible to suffering a concussion than boys in similar sports.

SIGNS AND SYMPTOMS

Injury leads to poor regulation within brain cells causing symptoms, such as

- confusion
- dizziness
- fatigue and seizures
- headaches
- poor balance
- poor concentration and memory (possibly lifelong)
- visual disturbance

(The most commonly reported symptoms are headaches, difficulty concentrating, and fatigue.)

SERVICES PROVIDED

- medical evaluations
 - conducted by a sports medicine specialist
- ImPACT testing from credentialed consultants
 - measuring reaction time and information processing
- neuro-psychological examination
 - tailored with direct clinical observation
- vestibular, ocular, and balance therapies
- exertion testing
- return to sport progression
 - based on current best evidence