



Concussion Clinic

Concussions and Mild Brain Injuries are the result of a traumatic event that causes damage to the brain.

Team of specialists in

- Concussion & Trauma
- Neurology
- Neuropsychology
- Rehab
- Psychology
- Pain

Get back to normal with Conemaugh Concussion and Mild Traumatic Brain Injury Center

Concussions and Mild Brain Injuries

Get Back To Normal

When a concussion is preventing you from participating in work, school, sports, home life, and the activities you love. We can help you get back to normal Conemaugh Concussion and Mild Traumatic Brain Injury Center.

Online Help

For more information go to:
Conemaugh.org/Concussion

Office Hours:

Tuesdays 8 am - 4 pm

814.269.5266

1450 Scalp Ave Johnstown, PA 15904

Send your questions to

Concussion@conemaugh.org



Don't wait. Contact the Conemaugh Concussion Clinic today



Duke LifePoint Healthcare

This facility and its affiliates comply with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-814-534-9000.

注意:如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-814-534-9000。



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Prevention is Key!

Reducing risk of concussion

- Stay hydrated, even mild dehydration increases risk of injury
- Wear safety equipment
- Never skip warm-ups
- Proper fitting equipment
- Follow the rules
- CORE strengthening program

Concussion Team works with:

Speech Therapy - Physical Therapy - Psychology
Neurology - Radiology - Athletic Trainers - School
Nurses - Parents - SMART Program

Seek immediate medical attention at the nearest Emergency Center if symptoms worsen, or if you are concerned.

Concussion are serious injuries!

Identifying a Concussion

Physical, Cognitive, & Emotional Symptoms

Physical – headache, dizziness, nausea/vomiting.

Cognitive – trouble concentrating, remembering, mentally slow,

Emotional – irritable, nervous, crying

Sleep - too much or too little

Seek Medical Attention

Severe or worsening of symptoms go to nearest emergency department

Symptoms that lasts longer than 72 hours or increasing symptoms

Patient/family/friend concern

Contact the Concussion program

Management Program

Our Concussion Clinic uses a multidisciplinary approach to care for these complex brain injuries. The new program developed around active recovery concept, replaces the total rest or “cocoon” therapy with an individualized plan of life modification.

Schedule an Appointment

Appointments at Conemaugh Concussion/ Mild Traumatic Brain Injury Center will include an examination and cognitive testing performed by the Concussion Team. This information will be used to form a return to activity plan that allows the patient to increase activities while controlling symptoms. The patient will also be set up with therapy to expedite recovery.

Visit Conemaugh.org/Concussion for information on:

- Prevention with core training (MASSf: Mobility, Agility, Stability, Strength, Flexibility),
- Field side assessment tools
- Child concussion signs and symptom info sheet