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Why is it important to seek medical advice ASAP?



The current guidelines state that the **assessment and management of concussion should start as soon as possible.**

This is to ensure that **the right advice is given early**, ie. relative physical and cognitive rest for 24 - 48 hours, but then individualised gentle aerobic exercise, and neck treatment can be prescribed.



By offering this acute concussion service **we aim to minimise the number of patients having delayed recovery or post-concussion syndrome.**



Research supports that **early access to high-quality concussion assessment and rehabilitation improves return to work, school, and sports outcomes.**



For more information about this acute concussion service please call us at Wellington Sports Med on **04 909 7609**, or email us at **admin@wellingtonsportsmed.co.nz**



WSP WSM

Working together - Te mahi tahi

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Taken a knock to the head? We can help.

Concussion Services



physio
spot

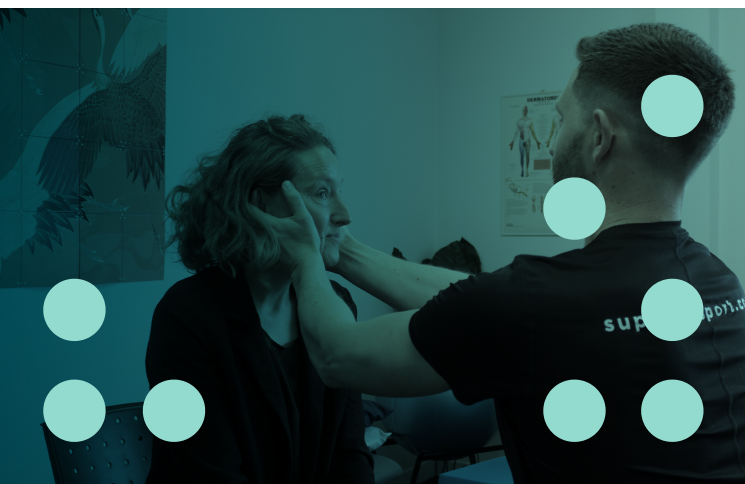
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Who are we?



In November 2018, the team at **Willis Street Physiotherapy** launched **The Physio Spot**, a social enterprise offering **half price physiotherapy to students and community card holders**. As of June 2020, we have appointments subsidised by **The Physio Spot** available at all of our locations, including **Wellington Sports Med**.

The Physio Spot team wants everyone who needs physiotherapy to be able to access it. **Our communication is non intimidating** and customer focused. **Our space is welcoming to all**.



Our goal is to create a place that everyone will feel **safe, motivated and able to achieve the best outcomes they can to address pain, recover from injury, and stay active**.

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How do I access this service?



While only a medical practitioner/GP can diagnose a concussion, **physiotherapists have the relevant diverse skill-set to treat and manage concussion**.

Being primary health providers, **physios may be the first to suspect a concussion**. In this case, **we are able to lodge a claim with ACC** to assess and treat the commonly occurring musculoskeletal components contributing to concussion symptoms. **Your physio is then required to refer you through to a medical practitioner who will assess you for concussion** and will add this diagnosis to your existing ACC claim.



Physiotherapy treatment for concussion can continue alongside GP assessment and management, as you would with other conditions.

This may be through **aerobic exercise prescription, cervical spine treatment, and vestibulo-ocular rehabilitation**. We will then (where appropriate) work alongside your employer, school, team/club/coach, GP, and other medical providers, to feedback our findings and **ensure optimal rehabilitation and return to work, school, or sport**.

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Our Pricing.



PS ACC Initial.....\$27.50 surcharge (40mins)

PS ACC Follow Up..... \$20 surcharge (20mins)

ACC Initial..... \$55.00 surcharge (40mins)

ACC Follow Up.....\$40.00 surcharge (20mins)

*PS charges are only applicable to students and CSC cardholders. Fees for other services vary, please contact us with any specific charge queries



Willis Street Physiotherapy and Wellington Sports Med are proud sponsors of our social enterprise 'The Physio Spot'.

This support enables **The Physio Spot** to offer subsidised **half price appointments to students and Community Services Card holders**.