



EXPERTISE IS EVERYTHING | In Concussion Management

We are Leaders in Concussion Care

The **Concussion Management Clinic and Research Center** is a world-recognized center for research and innovation in the diagnosis, treatment and recovery of concussion and concussion-related trauma. Our research-based approach works to help patients return to their normal activities safely and more quickly, reducing recovery times and improving overall health outcomes.

Based at the Jacobs School of Medicine & Biomedical Sciences, the Concussion Management Clinic and Research Center continues to perform cutting-edge research into concussion, traumatic brain injuries and the symptoms of concussion-related illness, delivering comprehensive care for athletes and non-athletes in Buffalo and Western New York and actionable research findings for use of physicians around the world.



Concussions are treatable.

The Concussion Management Clinic and Research Center in Buffalo are the leaders.

The **Concussion Management Clinic and Research Center** provides evaluation and treatment for concussion and post-concussion syndrome. Our internationally recognized experts are the most experienced in Western New York for providing patients with sports-related concussion, Traumatic Brain Injuries (TBI) and various concussion symptoms (headache, nausea, dizziness, memory problems) through the development of research, care,

baseline testing, treatment and a safe return-to-activity (sport or work) program that fits the individual.

Our scientifically validated concussion treatment approach safely and effectively reduces symptoms and returns patients to their usual activities. Our exercise-based concussion protocol with computerized cognitive testing is carefully constructed specifically to each patient.

What is Concussion? What are the risks?

A concussion is a mild injury to the brain. The word 'mild' is used to distinguish concussion from the more severe brain injuries that are represented by days of unconsciousness and major motor and cognitive limitations. **Mild does not mean concussion can be ignored or not treated.** Concussion, like the more severe types of brain injury, result from external force which causes the brain inside the skull to move. The brain is more like a liquid than a solid so it is quite vulnerable to forced movement. The term 'concussion' is typically used in the context of sports, however, it can occur due to any traumatic event that causes force to the brain. A concussion leads to immediate symptoms like headache, dizziness, confusion or eye problems. The initial assessment of a suspected concussion in a

sports setting relies on these symptoms for diagnosis, so it is very important for athletes to be honest with their doctor or athletic trainer doing the on-field assessment. Returning to sport while concussed is dangerous and a second injury before the first concussion has healed can cause more serious and sometimes permanent damage.

Along with many frequently asked questions you may have, below are some of the symptoms and risks to consider in relation to concussion.

Concussion Signs & Symptoms

- Amnesia (memory loss)
- Difficulty concentrating
- Dizziness or feeling off-balance
- Double or fuzzy vision
- Headache
- Loss of consciousness
- Trouble sleeping

The trusted, go-to concussion experts.

The **Concussion Management Clinic and Research Center** is founded on research-based, clinically-proven methods for evaluation and treatment of concussion, concussion symptoms and the effects of a wide range of traumatic head injuries.

Our concussion treatment program is the most comprehensive for Western New York Buffalo Niagara. Using a multidisciplinary team approach led by John Leddy, M.D. and Barry Willer, Ph.D. patients will be evaluated by physicians, physical therapists, neuropsychologists and other specialists in a complete, holistic approach to concussion treatment and recovery.

Based on cutting-edge research developed at the University at Buffalo by John Leddy, M.D. and Barry Willer, Ph.D, our unique program is the most comprehensive for Western New York Buffalo Niagara concussion treatment.

Trust the doctors who teach the doctors of tomorrow.

Our doctors are also professors at the University at Buffalo Jacobs School of Medicine and Biomedical Sciences, training orthopaedic surgeons and physicians of the future and conducting cuttingedge research that translates into new medical devices, treatment, and care. It's leading expertise for you now – and for our future.

Our expert team

John J. Leddy, MD, FACS, FACP
Medical Director

Michael S. Freitas, MD, MSPT
Primary Care Sports Medicine

Rajiv K. Jain, MD,
Primary Care Sports Medicine

Heidi N. Suffoletto, MD, FACEP
Primary Care Sports Medicine

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Primary Care Sports Medicine

Barry Willer, PhD,
Research Director

Team Doctors For:



UB MD ORTHOPAEDICS
& SPORTS MEDICINE

UB ORTHOCARE
Urgent. Orthopaedic. Experts.



Trusted Orthopaedic Care for **Bones. Joint. Muscles. Concussions.**

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