



# Finding the Right Concussion Clinic

Use this document to help you choose the right clinic and avoid those that don't offer quality services.

If your concussion symptoms last longer than four weeks, you might need additional care.<sup>1</sup> Your medical doctor or nurse practitioner can suggest other health care professionals to treat prolonged symptoms. You may find clinics that offer concussion treatment near you; however, not all concussion clinics provide the same quality of care. If there is no concussion clinic near you, look for a team that includes a medical doctor and other health care professionals (e.g., occupational therapist, physiotherapist, social worker, nurse practitioner) who will work together to manage your care.

<sup>1</sup> Ontario Neurotrauma Foundation. Standards for Post-Concussion Care. Toronto, ON: Ontario Neurotrauma Foundation; 2017.



## BEWARE OF

**Clinics that offer a “quick fix.”** Remember, recovery takes time and no single treatment is proven to cure symptoms or improve recovery from all concussions.

**Any expensive or lengthy treatments** that are not supported by research evidence. Ask questions so you can decide if it's worth it for you to try something of unknown quality, particularly if you are being asked to pay for it. The provider should be able to tell you how they will track your progress to know whether the treatment is right for you or when the treatment is finished.

**A provider that offers to treat multiple aspects of a concussion or provide complete care** (e.g., neck, vision, cognitive functioning). High-quality concussion care requires a team approach that includes a medical doctor and other health care professionals working together.

If possible, visit the clinic before deciding.

Ask a close friend or family member to go if you can't go in person.



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Use the concussion clinic checklist to help you choose the right clinic and avoid those that don't offer quality services. At a minimum, clinics should answer YES to the first 3 questions on the checklist.

**Tip:** Have a friend or family member help you complete this checklist if possible. Answers to some of the questions can likely be found on the clinic's website. If not available online, phone the clinic to get the information.

## CONCUSSION CLINIC CHECKLIST

YES NO

- |  |                       |                       |
|--|-----------------------|-----------------------|
| <p><b>1. Are there at least three different types of regulated health care professionals in your team who can treat medical, physical, cognitive and emotional issues after a concussion?</b> Examples include occupational therapist, medical doctor, physiotherapist, etc.</p>         | <input type="radio"/> | <input type="radio"/> |
| <p><b>2. Do you have a medical doctor or nurse practitioner who has experience with concussions at <u>or</u> connected to your clinic?</b></p>   | <input type="radio"/> | <input type="radio"/> |
| <p><b>3. Is there a medical doctor, nurse practitioner or neuropsychologist who can tell me if my symptoms are because of a concussion?</b> Note: only a medical doctor, nurse practitioner or neuropsychologist can diagnose a concussion.</p>  | <input type="radio"/> | <input type="radio"/> |
| <p><b>4. After a diagnosis, do you set up a follow-up appointment within one to two weeks?</b> Note: every patient with a diagnosis of concussion should be seen again within one to two weeks.</p>  | <input type="radio"/> | <input type="radio"/> |
| <p><b>5. Do you offer treatment for both short-term and long-term symptoms?</b></p>  | <input type="radio"/> | <input type="radio"/> |
| <p><b>6. Do you follow best and current evidence?</b> Note: examples include Clinical Practice Guideline for Concussion/mTBI &amp; Prolonged Symptoms, Guideline for Diagnosing and Managing Pediatric Concussion, and the International Consensus Statement on Concussion in Sport.</p> | <input type="radio"/> | <input type="radio"/> |
| <p><b>7. Will someone at the clinic speak to my employer, teacher, and/or coach to help me get back to my daily activities?</b></p>  | <input type="radio"/> | <input type="radio"/> |
| <p><b>8. Will someone at the clinic help coordinate my care?</b> This includes communicating with my doctor or others involved in my care.</p>   | <input type="radio"/> | <input type="radio"/> |
| <p><b>9. Do you make referrals to other professionals for services you do not offer?</b></p>   | <input type="radio"/> | <input type="radio"/> |



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## OTHER HELPFUL QUESTIONS

There are other factors to consider when choosing the right clinic, such as location, cost of service, payment options, clinic accessibility, etc. Consider asking the clinic the following questions:

- Are the services at this clinic covered by OHIP?
- If not covered by OHIP, are they covered by my insurance?
- Will the clinic submit a treatment plan directly to the insurance company?
- If not covered by insurance, what are the costs?
- What methods of payment do you accept?
- What is the wait time from date of referral to first visit?
- Where is the clinic located?
- What are the clinic hours?
- What is the cancellation/missed appointment policy?
- Is the clinic entrance accessible?

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**Questions?** If you need help with this document or need assistance with finding services for brain injury in Toronto & GTA, contact us at [abinetwork@uhn.ca](mailto:abinetwork@uhn.ca) or call us at 416-597-3057.

If you live outside of the Greater Toronto Area, search for the ABI Provincial Navigator in your area in the [Provincial Navigator Contact List](#)

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## OTHER CONCUSSION RESOURCES

Concussions Ontario: [concussionsontario.org](http://concussionsontario.org)  
 Ontario Brain Injury Association: [obia.ca/concussion](http://obia.ca/concussion)  
 Parachute: [parachute.ca/en/injury-topic/concussion](http://parachute.ca/en/injury-topic/concussion)

*This resource was created in collaboration with people with lived experience. We are grateful for their time and enthusiasm to improve the experience for others.*