



**CONCUSSION CENTER
AT BACHARACH**

61 West Jimmie Leeds Road
Pomona, NJ 08240

DIRECTIONS

Take Garden State Parkway to exit 41.

At the end of the exit ramp, follow the hospital signs and turn onto Jimmie Leeds Road. At the second traffic light, turn right into a shared access road for Bacharach and AtlantiCare Regional Medical Center. Bear right at the fork and follow signs for Visitor Parking.

Bacharach

INSTITUTE FOR REHABILITATION

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CONCUSSION CENTER



**MANAGING
CONCUSSIONS
WITH CARE**

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Concussions – injury to the brain caused by impact – affect one in ten high school athletes each year. The resulting symptoms can range from mild to severe and debilitating.

It is now understood that repeated concussions, even seemingly mild ones, can have dramatic and lasting repercussions.

The experts at the Bacharach Concussion Center can help patients manage concussion symptoms effectively during the healing process. Our team has the skill and experience to evaluate each student and craft an individualized care plan to safely guide him or her back to school, back to sport and back to leisure activities.



Symptoms of concussion:

- Loss of consciousness
- Feeling dazed or confused
- Headaches
- Nausea and vomiting
- Dizziness and lightheadedness
- Fatigue, malaise, lethargy

Most concussions resolve in a few days on their own. When headache and other symptoms persist, it is time to seek further treatment.

Persistent symptoms may include:

- Forgetfulness
- Inattentiveness
- Sensitivity to light or noise
- Change in mood or behaviors
- Drop in performance at school

The Bacharach Concussion Center has a team of experts who will evaluate and comprehensively manage patients across the continuum.

SERVICES IN THE CONCUSSION PROGRAM:

- Concussion education and support
- Physical therapy for strength and musculoskeletal issues
- Vestibular therapy for balance and dizziness
- Cognitive therapy for forgetfulness, inattention
- Occupational therapy including vision therapy
- Physical medicine and rehabilitation
- Back-to-sport protocol as recommended by physician

You will need a prescription from your doctor to evaluate and treat for brain injury or concussion.