

COMPLEMENTARY AND ALTERNATIVE MEDICINE & THERAPIES

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Concussion treatment using soft tissue techniques; a case report

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Background: Concussion, its recognition diagnosis and treatment is a growing public health issue. Massage practitioner who specialize in rehabilitation deal with a variety of injury cases that involve concussion, including those incurred by falls, motor vehicle incidents and sports injuries.

Purpose: This case study presents a unique massage and manual therapy approach to concussion trauma treatment.

Participant: Male 23 year old intramural soccer player diagnosed with post-concussion symptoms resulting from a fall. Intervention: Assessment and treatment was done in two sessions of 45 minutes spaced 2 days apart. Massage and manual therapy techniques were applied to the injury areas.

Results: The balance error scoring system (BESS) and self-reports the outcome measures show diminished concussion symptoms and regained ease in range of motion in the cervical area.

Conclusion: Positive results indicate the importance of massage and manual therapy work to reduce symptoms of headache, dizziness and nausea in phases of concussion recovery and to return to person to normal function.

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