

Concussion on the slopes, brain injury, and more..



ZENITH

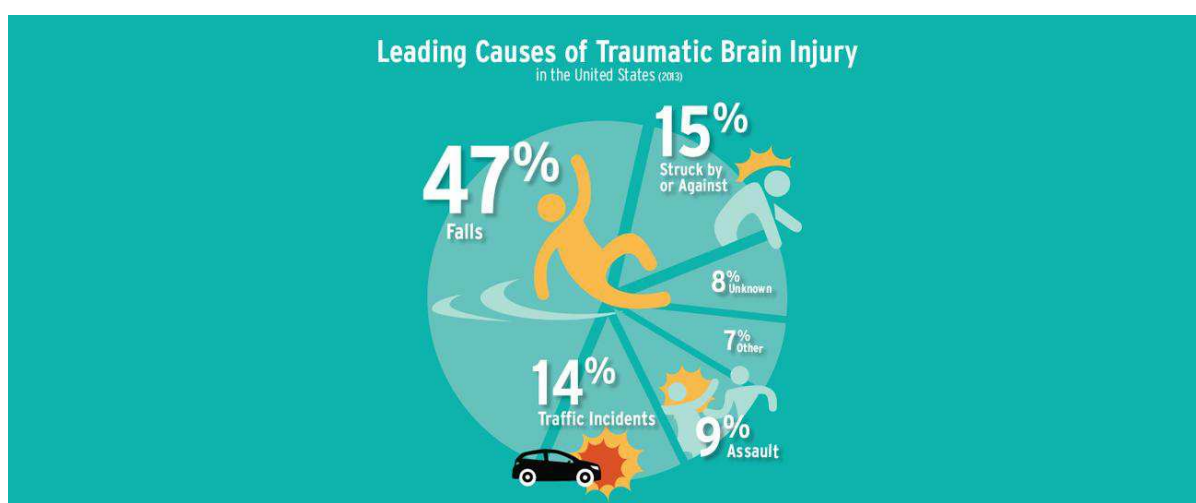
CHIROPRACTIC

NeuroStructural News

From Dr. John's desk
January 2019

We are well into the new year and I hope that 2019 is off to a great start! New years always present new opportunities for growth, a clean slate, and a fresh start on your health journey. If there is anything that I can do to help you achieve your goals this year - please let me know. I'm here to help make 2019 your best year yet!

Yours in health,
Dr. John



Winter Sports Brain Injury Awareness Month

Traumatic brain injuries (TBI) and mild traumatic brain injuries (mTBI) are a hot topic of conversation these days. With most of the attention on high profile team sports such as football and soccer, it's important to consider **how Colorado residents are most likely to**

rebound and second, it's important to consider how vertebral fractures are most likely to **experiences a concussion or other brain injury**. Here are some important points to consider for understanding how these different types of injuries are classified:

Diffuse Axonal Injury - occurs with shaking or rotational forces to the head, such as shaken baby syndrome

Concussion/mTBI - the most common types of traumatic brain injury which occurs with blows to the head or whiplash type injuries

Coup-Contrecoup Injury - this type of brain injury occurs when a force to the head causes a rebound effect injuring both the site of the blow and the opposite site as it sloshes within the cranium and impacts the opposite side of the skull

Second Impact Syndrome - this is potentially the most damaging of TBI's and occurs when a second injury happens when the initial injury has not healed sufficiently. Consider both the pain and limitations associated with spraining your ankle twice in a number of days to weeks - but in the sensitive tissues of the brain. This is why concussion baseline testing and screening for young athletes is so important!

Post-concussion Syndrome - when the symptoms associated with a concussion linger beyond the order of days/weeks. The lingering fatigue, headaches, brain fog, depression, and other negative symptoms can be debilitating if treatment is delayed

Current concussion treatment guidelines highlight the importance of cervical spine rehabilitation in a comprehensive plan of care. ([For more information, see the COACH CV phenotypes of concussion](#))

If you or a loved one has taken a hard fall on the slopes this winter, don't wait until things get out of control before getting checked! Reserve a complimentary consultation to learn about your options.

Schedule an Appointment



Part of what makes Zenith Chiropractic different is specialized adjusting procedures that DON'T involve any twisting, popping, or cracking of the neck or back. One of the key ways that we can accomplish this is through the use of specialized equipment, such as the upper cervical adjusting table. Click the image above or the button below to see a brief 2 minute description of how this works and why it matters!