Concussion Clinic
Epworth Hawthorn

What is concussion?
Concussion is defined as a temporary loss of consciousness or confused state as a result of a head knock. It is a type of mild brain injury. In 80-90% of cases, symptoms of concussion resolve within 7-10 days. Symptoms vary from person to person and not all concussions result in a loss of consciousness. Concussion can affect physical, emotional and/or thinking skills.

Commonly reported symptoms include:

- Headache
- Nausea and vomiting
- Confusion
- Fatigue
- Difficulty concentrating
- Unexplained irritability
- Dizziness and balance issues
- Sleep difficulties
- Anxiety or depression

If you are experiencing any of the above symptoms two weeks after your concussion, you may require specialist assessment.

What is the concussion clinic?
The concussion clinic at Epworth Hawthorn is a multidisciplinary screening and assessment clinic, developed to assess and manage those individuals who display ongoing postconcussion symptoms. The initial assessment is conducted to identify, educate, and refer individuals for appropriate intervention as required.

The concussion clinic is an extension of Epworth Rehabilitation’s renowned Traumatic Brain Injury Unit. The clinic is run by Professor John Olver, world renowned expert in brain injury rehabilitation and Dr Jo Sherry, PhD doctorate in Clinical Neuropsychology. Other members of the team include a vestibular physiotherapist and exertional exercise physiologist. Return to work, driving and sport assessments are also included as needed.

Referrals
A medical referral (from your GP or sports physician) is required to access the clinic. Referrals can be faxed to 03 9982 6696 or sent to rehab@epworth.org.au.

For all enquiries, please contact 1300 46 REHAB.