



## Concussion Research Centre

The Concussion Research Centre at Holland Bloorview Kids Rehabilitation Hospital is focused on improving the lives of children and youth following concussion. Our research will be used to better understand pediatric concussion and manage this injury to get young people back to enjoying their lives. Further, the Centre aims to make sure that all stakeholders (doctors, teachers, parents, coaches, youth) have access to the right information at the right time and in the right way to allow us all to know what a concussion is and what to do when it is experienced.

### Facts about concussion in youth:

- Concussion is a brain injury.
- Despite a growing interest in sport concussion, we still know very little about concussions in kids and youth.
- The pediatric brain is still developing and growing, so it is important for us to better understand the impact of concussion when the brain is most vulnerable to the effects of injury.
- Concussion amongst youth athletes is a common occurrence.
- Concussion can result in significant short and long term impact on daily life (school, sports, family/social life).
- Previous research conducted by the scientists of the Concussion Research Centre show that in minor hockey alone, an estimated 10-15% of all players have a concussion each year (2-3 players per team per year).

#### Holland Bloorview Kids Rehabilitation Hospital

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## Facts about returning to play/activity:

- Returning to activity (school, sport, etc.) too soon after a concussion can result in delayed recovery and impaired performance.
- If a second concussion is experienced before the first one has healed, children and youth may be at risk for more serious brain injury with life threatening implications (second impact syndrome).

## Research areas of the Concussion Research Centre:

Research projects that help to:

1. **Identify the injury** – who is experiencing concussions, how often, for what reasons.
2. **Assess the injury** – what tools and measures are best used to determine if youth are ready to return to activity and sport.
3. **Manage the injury** – what treatments and approaches to rehabilitation are best to help youth do the things they need to do.

If interested in finding out more about the Concussion Research Centre or about the ongoing research projects, please contact Dr. Nick Reed at [nreed@hollandbloorview.ca](mailto:nreed@hollandbloorview.ca)

## Scientists in the Concussion Research Centre:

### Dr. Michelle Keightley

- Senior Clinician Scientist, Clinical Neuropsychologist and Co-lead of the Centre for Leadership in Acquired Brain Injury, Bloorview Research Institute
- Associate Professor, Department of Occupational Science and Occupational Therapy, University of Toronto

### Dr. Nick Reed

- Clinician Scientist, Occupational Therapist and Co-manager of the Centre for Leadership in Acquired Brain Injury, Bloorview Research Institute
- Assistant Professor, Department of Occupational Science and Occupational Therapy, University of Toronto

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- Ontario Brain Institute
- Ontario Neurotrauma Foundation
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