

The HeadStart exam is a baseline exam for concussion assessment and management. Concussions have proven to be difficult to accurately diagnose. This pre-season exam yields a baseline status on several factors, including your child's neurological status, memory, concentration and balance.

Should a suspicious hit occur, a “sideline” assessment will be utilized by the coach/trainer. If the test is failed, the player will be removed from the game and a follow up assessment at our office or at your health care provider’s office the following day is highly recommended. Keep in mind if the sideline assessment has to be used, a follow up exam may still be advised for the safety of each player.

This follow up HeadStart exam will determine a safe return to play decision. This ensures player safety and also maximizes playing time by eliminating unnecessary time missed due to the “Better Safe than Sorry” policy being implemented by Hockey Nova Scotia. The key to this follow up exam is that there is a pre-season baseline to compare to for return to play decision making.

Many SMH players have had this exam over the past couple years. It is recommended to be performed yearly for players in Atom, Peewee and Bantam, and every two years for Midget aged players. This is because of the rapid change in physical and neurologic systems for the younger age athletes.

This year, ChiroCare is also offering *complimentary* Biomechanical Chiropractic exams to each player that comes in through the HeadStart program. This exam will identify any musculoskeletal imbalances that may lead to injury. Keep your athlete in top form and prevent game loss due to injury with this program. ChiroCare will help your player to perform at their highest level!

The HeadStart exam qualifies for reimbursement, as a chiropractic examination, under your extended health plan’s chiropractic benefits. Our office directly bills Blue Cross, Great West Life, SunLife and Green Shield. For all other insurance companies, we ask that you pay in office and we will supply you with a “Paid Invoice” to submit for reimbursement. The cost is \$80 for new patients and \$50 for returning patients.

We will continue to offer a fundraiser as part of this program. 30% of the exam cost (\$24 or \$15) will be donated back to your hockey player’s team for their season fundraising. (For your personal fundraising, not towards the team as a whole).

Information about this program will be given to each team manager. Call or email the office to schedule your appointment! ChiroCare is open 4 evenings per week and Saturday mornings to accommodate the demand for this program.

For Your Information:

ChiroCare also offers injury assessment and management. Please feel free to use our office for examination and treatment of any hockey (or non-hockey!) related injuries that may occur. Examples of injuries that may be treated with chiropractic care include: sprains/strains (back, neck, shoulders, knees, etc), overuse injuries from training and traumatic injuries from falls/hits, etc.

How can an Athlete benefit from chiropractic care if he or she doesn't have any pain or injury?

- Improves athletic performance
- Increases training effectiveness
- Increases flexibility
- Reduces soreness & pain
- Increases circulation
- Increases removal of lactic acid and delivery of oxygen and nutrients
- Reduces muscular, tendonous and ligamentous adhesions
- Reduces recovery time
- Reduces muscle spasms
- Reduces chance of injury
- Helps the body to relax, repair and prepare for the next athletic event
- Better athletic performance through improved alignment and neurological firing
- Faster, more complete recovery from injuries

Please contact the office for assistance if needed.

[Info@chirocarehealth.ca](mailto:Info@chirocarehealth.ca)

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