Title: Post-Concussion Syndrome: How to Effectively Assess and Manage

Course Description: This 8 hour course will cover the history and evolution of symptoms associated following a concussion, assessment on the sidelines and in the clinic, and proper multidisciplinary management for both the athletic and non-athletic population.
We will cover the subjective evaluation, including the SINSS approach for ongoing assessment and outcomes measures, the evidence-backed objective examination for the top issues addressed in an outpatient setting following a concussion: dizziness/vertigo and postural instability; and finally, we will address proper management strategies for the clinical trajectories associated with concussions. This will be a blended course with didactic and laboratory components including assessment and management.

Learning Objectives: At the end of this course, the learner will be able to. . .
a. Recognize symptoms associated with post-concussion syndrome for proper management and referral out, if necessary.
b. Analyze subjective outcomes measures and subjective complaints for appropriate categorization in the clinical trajectories.
c. Evaluate the patient using evidence-based objective tools and measures.
d. Synthesize a plan of care with effective and efficient management strategies for treatment and independence in home exercise program.

Steven E. Spinks, PT, DPT, OCS, COMT, FAAOMPT
Dr. Spinks earned his Bachelor of Science in Kinesiology and Exercise Science from Western Kentucky University and his Doctor of Physical Therapy (DPT) from The University of Tennessee. Following graduation, he underwent advanced manual therapy training through the Maitland-Australian Physiotherapy Seminars and received his Certification in Orthopedic Manual Therapy (COMT). He has also undergone certification in dry needling through the Integrative Dry Needling Institute and BenchMark Rehab Institute. He graduated from orthopedic residency through BenchMark Rehab Institute and became board certified as an Orthopedic Clinical Specialist (OCS). Dr. Spinks also completed his fellowship training through BenchMark Rehab Institute and is a fellow of the American Academy of Orthopaedic Manual Physical Therapists (FAAOMPT). He served as Adjunct Faculty at Emory and Henry College of Physical Therapy as the course director for their Doctor of Physical Therapy program’s spine-related musculoskeletal courses.

Dr. Spinks has taught at both local and international courses for vestibular rehabilitation with the American Institute of Balance where he currently serves as educational faculty and Vice President of Clinical Services. He works with International residents and Fellows-in-Training for those who undergo advanced education in Vestibular Audiology and Medicine.