



The new Northern Hockey Academy is excited to partner with Active Therapy + to offer teams and athletes across all sports a preseason check in two key areas:

## **Baseline Testing for Concussion**

Using the court space at **NHA**, the health professionals from **Active Therapy +** will conduct a pre-season baseline test on athletes from any sport. Baseline tests are used to assess an athlete's balance and brain function (including learning and memory skills, ability to pay attention or concentrate, and how quickly he or she thinks and solve problems), as well as for the presence of any concussion symptoms. During the season if an athlete has a suspected concussion, the results from baseline tests can be used and compared to a similar exam conducted by a health care professional. *Note that baseline and concussion assessment tools are only suggested for use among athletes ages 10 years and older.*

## **Movement Pattern Testing**

Utilizing the sports court at **NHA**, the health professionals from **Active Therapy +** would conduct a movement pattern test to create a physiological profile of each athlete. These tests can determine growth patterns, gait, flexibility and more. They are also used to identify any mechanical issues that may contribute to injuries during the sports season. Using this information, the **Active Therapy +** staff will work with the athlete/parents/coaches and create a plan that will help to prevent those future injuries.

The movement pattern testing will also demonstrate opportunities for improved movement in individuals. Even though individuals are performing an activity or sport at a high level, it has been observed that many of these same individuals are limited in fundamental movement. This leads to the use of compensatory movements in order to achieve or maintain the level of performance needed for the activity. The inefficient use of compensation during movement will lead to poor biomechanics that limit gains in performance and reduces the body's ability to remain adaptable and durable against the risks of being involved in the activity or sport.

**Each test is at a cost of \$50+HST each per athlete or \$100+HST for both tests. We can evaluate your whole team in one session, which would take approximately 2-3 hours. For additional information about the benefits of these tests please contact Kim Lafreniere at [kim@atrc.ca](mailto:kim@atrc.ca). To book a session please call NHA at 705-522-3132.**

Kim is a Certified Athletic Therapist with 25 years experience in concussion care. Specialized certifications with SHIFT concussion management and Complete Concussion Management training. **Active Therapy +** has a full team that includes physicians, chiropractors, massage therapists, physiotherapy and more that will be added to programs when necessary.