Timelines of concussion symptom recovery and return to participation of patients presenting to a community physiotherapy clinic

Codi Isaac PT1,2; Megan Ogle, MSc. Mec. Eng. 1,3; Calla Isaac, BSc1,4; Ann-Marie Przybylski, MSc. 1,2,3; Constance Lebrun, MDCM, MPE, CCFP(SEM), FCFP, Dip. Sport Med, FACSM2,3
1Isaac Physiotherapy, 2Glen Sather Sports Medicine Clinic, University of Alberta; 3Department of Family Medicine, Faculty of Medicine & Dentistry, University of Alberta; 4Department of Medicine, Faculty of Medicine & Dentistry, University of Alberta

Concussion Injury
• In Canada, It is estimated concussion injury has an annual incidence rate of 1.2%.1
• Treatment and management encompasses robust return to participation criteria.

Objective
• To compare patient demographics, mechanism of injury (MOI), injury phase, changes in total symptom severity (TSS), and return to participation (RTP) including work/learn and activity rates to recovery time frames.

Methodology
• Design: Retrospective chart review.
• Inclusion Criteria: All patient charts for those receiving treatment for concussion at Isaac Physiotherapy Inc. from September 1, 2016 to August 31, 2018 (n = 234).
• Intervention: Multimodal physiotherapy (cervico-vestibular, exertion, education), referral to specialist physician, psychology and/or neuropsychology.
• Outcome measures: Total treatments received, treatment time frame (weeks), weeks to recovery, return to participation (work/learn and activity).
• Analysis: Descriptive statistics, paired t-tests, survival analysis.

Patient Demographics

Results
• Females attended more treatments over a longer time than males (8.61 treatments over 13.73 treatment weeks; 6.54 treatments over 8.68 treatment weeks, respectively). No difference in weeks to recovery from injury.
• Recovery timelines were shortest for children (6.95 treatment weeks and 10.64 weeks to recovery); longest for seniors (23.48 treatment weeks and 43.36 weeks to recovery).
• Our average time-to-recovery for young adults and adults challenge literature reports of a 10-14 day recovery timeframe.6
• 68% achieved full return to activity (including sport), an additional 30.8% achieved partial return to activity.
• 75% of patients achieved full return to work/learn.
• Motor vehicle collision (MVC) had the longest time-to-recovery (20.95 treatment weeks and 44.70 weeks to recovery); sport and other MOI had statistically the same recovery times (7.02 treatment weeks and 18.87 weeks to recovery; 8.59 treatment weeks and 21.76 weeks to recovery, respectively).
• Outcome measures were longest for the chronic injury phase (19.02 treatment weeks and 48.23 weeks to recovery for chronic child/youth group, 19.02 treatment weeks and 68.19 weeks to recovery for chronic adult group, respectively).
• Average TSS decrease was 19.88 points between intake and discharge.

Conclusions
• Concussion patients seeking community physiotherapy experienced symptom and participation recovery.
• Treatment and recovery time frames were considerably longer than reported in the literature.
• Results will aid in expanding generalizability, appropriateness, implementation of pragmatic physiotherapy interventions for concussion, and post-concussion care management pathways.

References
[1] Langer et al. (2020) J Head Trauma Rehabil. DOI: 10.1097/HTR.0000000000000503