

Burnaby Lakers Lacrosse Baseline Concussion Testing

Have you had an athlete sustain a concussion or return to sport too quickly following a head injury?

There are concussion management protocols in place to prohibit athletes from returning prematurely to their sport and **Baseline Concussion Testing** is the first step in management.

Baseline Testing is important so that we have an individual baseline test for each athlete prior to the start of the season. If an athlete were to become concussed during the season, an Athletic Therapist in conjunction with their Family Physician, can guide an athlete through the gradual progression into activity using this tool to ensure safer return to sport for that athlete.

Aspire Sport Therapy is providing the opportunity for athletes to have their baseline concussion test completed.

Each baseline test takes only 10 minutes and costs \$25 per athlete. Each athlete that completes the testing will also receive a \$5 voucher towards the purchase of a SISU Mouth Guard (*Regular price \$29.95*).

Aspire Sport Therapy will be performing baseline concussion testing at Copeland Arena in Burnaby.

Testing Registration:

Go to: <http://www.aspiresporttherapy.com/book-online>

-Click: **Book Online**

-Choose: **Next Step**

-Select date of testing

-Select time of Testing

-Complete information

-**Payments via PayPal**

If you have any questions or concerns, please email Certified Athletic Therapist Brynn Bicknell at aspresporttherapy@gmail.com .