

ARE YOU A TEENAGER EXPERIENCING CONCUSSION SYMPTOMS FOR MORE THAN 2 WEEKS?

EXPLORING A TELEREHABILITATION APPROACH TO ACTIVE REHABILITATION FOR YOUTH WITH CONCUSSION

About the study

- We are examining whether active rehabilitation, an exercise-based treatment, can be delivered to youth remotely using the internet, through *telerehabilitation*
- Active rehabilitation is an evidence-based concussion treatment that is typically delivered during in-person appointments
- However, many youth with concussion have difficulty attending in-person sessions

Who can participate?

- Youth experiencing post-concussion symptoms
- At least 2 weeks post-concussion
- Age between 13-18 years
- Access to internet connection and device capable of supporting videoconferencing

CONTACT INFORMATION

For more information or to participate,
contact the research team:
oaktelerehab@utoronto.ca
416-946-3273

What is involved?

- 9 videoconferencing appointments with a research therapist
- A series of assessments using questionnaires or interviews
- 6-week active rehabilitation program consisting of education, support and low-intensity exercise performed in your community
- Completion of daily activity log, feedback questionnaire and interview



Principal Investigators:

Dr. Anne Hunt anne.hunt@utoronto.ca
Dr. Nick Reed nick.reed@utoronto.ca

Co-investigator:

Josh Shore Josh.shore@mail.utoronto.ca

Date: May 13, 2020

REB # 39179

*\$20 gift card or high-school volunteer hours
are offered in appreciation of your time*

