

# CEREBRAL HAPPENINGS



**NEUROLOGY SECTION**  
American Physical Therapy Association

## LETTER FROM THE CHAIR

Hello Brain Injury SIG:

We are happy with progress we have made with reaching many of you. Please keep us posted on ideas and ways we can better meet the needs of our members. Here is an update on our ongoing projects:

1. **Online Journal Club:** we had our third meeting as a collaboration with the Degenerative Diseases SIG in September and had the best turnout yet with over 20+ people attending including the author. See larger summary in the newsletter.
2. **Facebook Page:** visit our Facebook page. This is a great way to reach members and provide feedback or ask clinical questions to the group. We have 511 likes now, so we are reaching a large number of you—let's try to get it to 1000!
3. **Advocacy Papers:** our second advocacy paper on Exercise and Brain Injury written by member Kim Miczak is complete and will be posted on the website. If anyone is interested in contributing to the SIG by writing an advocacy paper, contact me [mbao@nc.rr.com](mailto:mbao@nc.rr.com)
4. **Elections:** positions open are vice chair and nominating committee. Go here <http://www.neuropt.org/forms/nomination-forms-2016> for more information.

Please feel free to offer feedback and suggestions or initiate discussion via our Facebook Page.

5. **Other projects:** we are looking for opportunities to offer webinars as educational opportunities to our members. Contact us with ideas.

Best—Mary Beth A.  
Osborne, PT, DPT, NCS

## FALL/WINTER EDITION

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### Officers:

#### Chair

Mary Beth Osborne, PT, DPT, NCS  
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#### Vice Chair

Jennifer Fernandez, PT, DPT, NCS,  
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[jennifer.fernandez@brooksrehab.org](mailto:jennifer.fernandez@brooksrehab.org)

#### Secretary

Carolyn Tassini, PT, DPT, NCS  
[Carolyn.tassini@bancroft.org](mailto:Carolyn.tassini@bancroft.org)

#### Nominating Committee

Megan Richardson, DPT, MSPT  
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## COMBINED SECTIONS MEETING

ANAHEIM, CA  
February 18-20, 2016



Combined Sections Meeting (CSM) will be held in Anaheim, CA on February 18-20, 2016 (Pre-conference February 16-17, 2016.

Brain Injury-Relevant Courses:  
Friday February 19:

8:00am Concussion  
Rehabilitation in Pediatrics: An  
Interdisciplinary Model (hosted  
by the Pediatrics Section).

11:00am: Return to Running in  
Patients with Acquired Brain  
Injury

Saturday February 20:  
3:00pm: Creative Evidence-  
Based Use of Electrical  
Stimulation in Acquired Brain  
Injury Rehabilitation

## LEADERSHIP TEAM UPDATES

We would like to welcome our new officers: Carolyn Tassini as Secretary and Hannah Foster as Nominating Committee Member. Each of their terms are three years in duration. Thank you to our outgoing officers, Melissa Mendoza who previously held the

Secretary position and well as Newsletter Editor, and Becky Kerman who served as chair for the Nominating Committee. Thank you for your service!

We also have two positions available for the upcoming 2016 elections. Both the Vice

Chair and Nominating Committee Member will be available, and are three-year terms. Elections will be held in May 2016. Nomination forms are available here: <http://www.neuropt.org/forms/nomination-forms-2016>

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## BRAIN INJURY SIG PROJECTS

### BRAIN INJURY SIG PUBLISHES ITS 2<sup>ND</sup> ADVOCACY PAPER

The BI SIG has completed its second advocacy paper on *Exercise and Brain Injury*, created by BI SIG member

Kim Miczak, which makes the second advocacy paper to date. The first advocacy paper on *Depression and*

*Brain Injury* can be found at: <http://www.neuropt.org/special-interest-groups/brain-injury/new-noteworthy>

### BRAIN INJURY SIG HOSTS ITS SECOND AND THRID JOURNAL CLUB

On May 14, the BI SIG partnered up with the Vestibular SIG to host its 2<sup>nd</sup> Online Journal Club, presented by the BI SIG Chair, Mary Beth Osborne. Approximately 7 people attended to discuss the article by Anne Mucha et al entitled "A Brief Vestibular/Ocular Motor

Screening (VOMS) Assessment to Evaluate Concussions" via AnyMeeting. The Journal Club was a success and included stimulating discussion regarding the purpose of the development and clinical use of VOMS, including strengths and weakness, and ideas for

potential future research. The lead author of the article, Anne Mucha, was in attendance, which greatly enriched the discussion. Please see the link below to access the abstract. <https://www.ncbi.nlm.nih.gov/pubmed/25106780>

On September 23, the BI SIG hosted its 3<sup>rd</sup> journal club, collaborating with the Degenerative Disease SIG. This journal club had the best attendance to date, with over 20 participants including the author, Jenn Keller, which was very helpful in facilitation

discussion about treatment of ataxia. Please see the link below to access the abstract. <https://www.ncbi.nlm.nih.gov/pubmed/24526707>

Please stay tuned for future Journal Clubs. Announcements will be

posted on the Facebook page and the NeuroPT listserv. If you are interested in participating in a journal club or presenting at a journal club, please contact Mary Beth Osborne at [mbao@nc.rr.com](mailto:mbao@nc.rr.com)

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## ABSTRACT OF THE QUARTER

The BI SIG has started an *Abstract of the Quarter* project. Each quarter (January, April, July, and October), the SIG will send an abstract featuring brain injury-relevant topics to facilitate evidence-based practice. The first abstract

was sent to BI SIG members via email and was titled *Spatial Neglect Hinders Success of Inpatient Rehabilitation in Individuals with Traumatic Brain Injury: A Retrospective Study*. Link: <http://www.ncbi.nlm.nih.gov/pubmed/26338431>

Thank you to BI SIG Member, Coby Nirider for contributing the *Abstract of the Quarter* for October 2015. Stay tuned for the next abstract, which will be available in January 2016.

## CONCUSSION CORNER

### *Exertion Testing in Youth with Mild Traumatic Brain Injury/Concussion*

Decision-making regarding return to activity after concussion is very difficult and often controversial. The purpose of this study was to see how youth with post-concussive syndrome are affected by exertion and to see if standardized exertion testing can be used to make return to activity decisions. They found that 63% of participants had symptoms during exertion testing, however both the number and severity of symptoms improved over 24 hours in over half of the participants. The authors conclude that exertion testing is useful in making decisions regarding return to activity and controlled exertion seems to lessen symptoms in those who are slow to recover.

Dematteo C, Volterman K, Breithaupt P, et al. Exertion testing in youth with mild traumatic brain injury/concussion. *Med Sci Sports Exerc.* 2015;47(11):2283-90  
<https://www.ncbi.nlm.nih.gov/pubmed/25871465>

### *Challenges in Determining the Role of Rest and Exercise in the Management of Mild Traumatic Brain Injury*

Traditional concussion management has recommended physical and cognitive rest until a patient is asymptomatic. This however, may not be the best approach. Given the pathophysiology of concussion, it makes sense why post-concussive symptoms are exacerbated by cognitive and physical stress, especially early after the injury. However, these authors suggest that at some point, rest may no longer be beneficial. They recommend a graduated exercise plan to promote recovery as well as to optimize functioning, suggesting that too much rest and too much exercise may have negative consequences. Wells E, Goodkin H, Griesbach G. Challenges in determining the role of rest and exercise in the management of mild traumatic brain injury. *J Child Neurol.* 2015;[Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/?term=Challenges+in+determining+the+role+of+rest+and+exercise+in+the+management+of+mild+traumatic+brain+injury>



Type a summary of the information in this newsletter or provide more information about your company.



## Like us on Facebook!

**Brain Injury Special Interest Group of the Neurology Section of the APTA**

We will communicate various SIG happenings including journal clubs and other activities via our Facebook page.