



October 5, 2015

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To:

Parents, Coaches and Administrators of Outside Edge Elite Training Inc.

The ACCEL Physiotherapy and Sport Performance Centre is pleased to partner with Outside Edge Elite Training and its participant families. The multi-disciplinary team of health care professionals at ACCEL is very interested in developing healthy, high performance athletes who perform at their best. This involves assisting with therapy for injuries and any means of prevention we can provide.

One of our focuses with sports is the prevention of concussions. It is no mystery that hockey as with any contact sport has an inherent risk for concussions. With knowledge of concussions increasing with research, the ACCEL Centre has assembled a Concussion Team. We have partnered with a research-based company that maintains a database for injuries.

I would like to take this opportunity to outline the benefits and purposes of *Concussion Baseline Testing*. The series of standardized tests completed annually establishes an objective baseline measure of a player's brain function. If a player then sustains a concussion, retesting and comparing this information helps guide management and greatly assists with safer return to play decisions.

We know that when a player sustains a shaking of the brain they can experience a variety of concussive symptoms. These symptoms tend to resolve within 10-14 days. However, research has shown that the brain often takes longer to heal fully, especially in the paediatric population. If the brain is not fully recovered prior to a second impact, damage can be significantly worse.

Baseline Concussion testing is offered at a fee of \$125 for individual testing. We can offer the large group of players of Outside Edge, a discounted price of \$70 per test when the players are tested in a batch.

This fee is covered by private health care benefits as it is provided by one of the registered practitioners. We will provide a receipt for fees at the completion of testing so it can be claimed under personal insurance.

If you have any questions about this testing, please do not hesitate to contact me.

Sincerely,

Karen Decker

Owner/ Physiotherapist  
ACCEL Physiotherapy and Sport Performance Centre

*Physiotherapy*

*Chiropractic*

*Massage Therapy*

*Acupuncture*

*Custom Orthotics*

*Sport Nutrition*

*Strength and Conditioning*

*STOTT Pilates®*

*Sport Therapy Coverage*

*Injury Prevention Education*

*Pre-Season Screening*

*Functional Movement Testing*

*Athletic Supplies: Orthopaedic  
Braces, Tape and More*