

**LEVEL 2: Applied Clinical Skills**

**FRIDAY, March 28, 2025**

Sault Ste. Marie, Location TBA

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**8:45am – 9:00am: Registration / Meet and Greet**

**9:00am – 9:15am: Introduction (Scott Haller, Osteo MP)**

- Introduction to Shift and Applied Clinical Skills

**9:15am – 10:00am: Concussion Review and Updates**

- Acute concussion pathophysiological processes
- Clinical presentation, recovery timelines
- Persistent symptoms and clinical profiles
- Assessment and Management – consensus updates

**10:00am – 12:00pm: Concussion Intake, Patient Interview and Assessment**

- Patient intake, history, and symptom inventory considerations
- Concussion clinical assessment procedures with interpretation
- Demo and discussion

**12:00pm – 1:00pm: LUNCH BREAK (On your own)**

**1:00pm – 2:00pm: Concussion Assessment – Group breakout session**

**2:00pm-3:00pm: Exertion Assessment and Aerobic Exercise**

- Autonomic nervous system dysregulation
- Evaluation methods for exercise intolerance
- Subthreshold aerobic exercise prescription

**3:00pm - 3:30pm: Clinical Diagnostics**

- Concussion Diagnostic Criteria

**3:30pm – 5:00pm: Clinical Pathways and Early Management**

- The physical rehabilitation roadmap
- Consensus guidelines and acute care strategies
- Returning to activity, school, work after a concussion

**5:00pm: Adjournment Day 1**

## **LEVEL 2: Applied Clinical Skills**

**SATURDAY, March 29, 2024**

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**8:45am – 9:00am: Sign-in**

**9:00-9:45am: Recap Day 1, Assessment Practice**

**9:45am – 10:30am: Cognitive Fatigue**

- Cognitive performance changes post-concussion
- Computerized assessment tool options (Creyos, ImPACT)
- Treatment and management considerations

**10:30am – 12:30pm: Clinical Care Pathways: Functional Rehabilitation**

- Rehabilitation protocols for vestibular, ocular, cervical deficits post-concussion
- Demonstration, breakout sessions, case review and treatment applications

**12:30pm – 1:15pm LUNCH BREAK (On your own)**

**1:15pm-2:15pm: Clinical Pathways: Functional Rehabilitation Cont'd**

**2:15pm-3:00pm: Exertion Testing and Return to Sport**

- Graduated return to play program: Updates from the consensus
- Shift exertion protocol drills

**3:00pm-3:30pm: Clinical Case Presentation**

**3:30 – 4:30pm: Group Case Discussions**

**4:30pm-5:00pm: Course wrap-up and next steps**

**5:00pm – Adjournment**