

Community Resources

**This is not an endorsement, it is a compiled list to help you find the people and/or places that may help

Sport Physicians

List of current Sport Docs working with concussions available on the Sport Medicine & Science Council of Saskatchewan's website under "our experts" for a directory of consultants.

- <https://www.smscs.ca/directory-of-consultants>

Physician referral required - No cost associated

Event-Related Potential (ERP) Testing

ERP brain scan performed in clinic, with your scan is interpreted by a trained physician. The results are then given to you to take to your family physician, neurologist, or other medical specialist to help direct your care plan. Currently using NeuroCatch technology.

- Brain Vitals www.brainvitals.ca

No referral required - Cost associated

Vestibular Rehab

A subspecialty for dizziness and balance issues. Training varies widely.

No referral required - Cost associated

Advanced post-grad certification:

- Amanda Lloyd-Haubrich, vestibular physiotherapist
 - www.brownstonehealth.ca 306-779-1275
 - Cost associated, receipts for physical therapy provided.
- North 49 Physiotherapy, SASKATOON 306-343-7776

Other vestibular practitioners with experience:

- Dr. Shawn Bachorick, DC - Gateway Alliance 306-545-2225
 - 60 minute assessment
- William Chukwu, PT - Lifemark 306-584-5553
- Ryley Sather, PT - Stapleford Health & Rehab 306-543-0900

Visual Rehabilitation

Advance Vision Therapy 306-922-3023 advancevisiontherapy.com

- Dr. Myles Bokinac, Certified Behavioral Neuro-Optometrist
- 60-90 minute assessment, vision therapy appointments to follow

Nexus- Nexus Vision Centre 306-559-9909

- Practical Vision Therapists
- 60 minute assessment with optometrist (Dr. Patterson)

No referral required - Cost associated

Meditation & Mindfulness

Learn to Meditate

Buddhist temple 7pm Thursdays **No prebooking required. - No cost**

Meditation Instruction

- Brownstone Health 306-779-1275
 - Initial sessions with guidance of how to meditate, option for neural biofeedback to track your progress at home. Weekly follow-ups can be booked as needed

Yoga Nidra

- Rebecca Gruell - 306-779-1275 - Virtual & In-person
 - www.brownstonehealth.ca
- Kim Lawrence- Full Life Yoga & Wellness 306-527-2044
 - www.fulllifeyoga.com

Cost associated

Audiology

Eastside Audiology + Rehabilitation 306-359-3277

- Dr. Debbie Davis, Doctor of Audiology
- Auditory processing diagnostics (assessment 1-2 hours)

No referral required - Cost associated

Concussion Collaboration

Brain Vitals, Brownstone Health, Innovate Healing Technologies, Advance Vision Therapy, Dr. Shawn Bachorick, Eastside Audiology, Dr. Shane Taylor & U of R Concussion Testing Centre have all teamed up to provide wrap-around support with diagnostics, treatment modalities, and professional care for people after a concussion, or with post-concussion symptoms.

- More information: www.brainvitals.ca
- Email info@brainvitals.ca if you are interested in learning more as either a practitioner or patient

Baseline Tests & Concussion Treatment

Complete Concussion Management Inc

- Internationally standardized baselines, post-concussion assessments and treatments. To be a practitioner that provides this care, there is substantial post-grad education and exam-based certification required. Practitioners must also complete ongoing recertification to maintain their accreditation.
- List of accredited providers through "find a clinic" from the top menu bar on <https://clinics.completeconcussions.com/>
- Each clinic sets their rates individually.

Gateway Alliance

- <https://gatewayalliancemedical.com/ConcussionPathway>

KONKUSSION Philosophy

- Options for baseline neuro-screen, acupuncture, chiropractic treatment and nutritional advice, 30 minute assessment
 - Shane Taylor, DC Victoria East Chiropractic 306-525-6977

University of Regina Concussion Testing Centre

- Dr. Patrick Neary, PhD Exercise Physiologist/Professor
 - Baseline concussion or post-concussion syndrome appointments (60 minute)
 - Data used for research
 - For appointments email patrick.neary@uregina.ca
 - Medical Referrals Accepted - No Cost associated

Balance Training & Fall Prevention

Otago Balance training and fall prevention program

- Brownstone Health 306-779-1275 www.brownstonehealth.ca
 - Weekly in clinic sessions with provided home program

No referral required

Cost associated - receipt for physical therapy

Modalities for Symptom Management

Innovate Healing Technologies has research-based treatments for concussion symptoms. They are NOT a substitute for treatment by a licensed health professional. The goal is to help with symptom management while you are receiving proper care.

- All appointments can be booked online www.innovatehealtech.ca
- Autonomic nervous system regulation with the Shiftwave Vibration Technology www.shiftwave.com
- Photobiomodulation with a redlight and PEMF combination

Cost associated

Online Resources

Brain Canada Foundation- <https://braincanada.ca/>

Brain Injury Canada- <https://braininjurycanada.ca/en/>

Parachute Canada- <https://parachute.ca/en/>

*We acknowledge this is a living document. We have made every effort to ensure all services and practitioners are included. If you have recently done advanced training, believe we have missed you (in error), or if you want to be removed from the list, please reach out to info@brainvitals.ca so we can correct our mistake for our next printing.