When to Seek Help?

- Headaches, dizziness, fatigue, fogginess and other symptoms lasting more than 3-5 days after Injury.
- You return to school, sports or work and the symptoms persist or worsen.
- Cannot tolerate car travel or crowds.
- Ongoing sensitivity to light and noise.
- Brain rest instructed by your primary care physician does not resolve symptoms.
- Screen time and reading cause headaches.
- Takes longer to do tasks at work, home or school.

MAC Offices in Delaware

Bear: 1st State Physicians – 12 Fox Hunt Rd. Phone: (302) 836-6150
Bear: Comprehensive Accident and Injury Center: (877) 577-6926
Claymont: Next Century Medical: 1400 Philadelphia Pike (302) 235-8808
Hockessin, DE: At MAC Concussion Care - 5936 Limestone Rd., Suite 301B, Hockessin, DE 19707 (302) 235-8808
Middletown: At First State Family Practice - Phone: (302) 378-5494

MAC Offices in Pennsylvania

West Chester, PA: At MAC Concussion Care - 839 Lincoln Ave. #3
Dover, DE (302) 378-5494
- Work Place Health +

MAC Offices in New Jersey

Paramus, NJ - Physical Therapy Now (201) 254-7144
- AFC Urgent Care

MAC Offices in Maryland

Phoenix Rehabilitation and Health Services - Work Place Health +
- Columbia, MD (443) 917-2951

MAC Offices in Virginia

Phoenix Rehabilitation and Health Services - Work Place Health +
- Goochland, VA (804) 556-0539
- Richmond, VA (804) 366-7396
- Norfolk, VA (757) 937-8642
- Smithfield, VA (757) 542-3586

For Appointment or Telemedicine Call... 302-235-8808

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Facts About Concussions: Why the Big Fuss?

- More than 4 million occur annually.
- Occur from acceleration/deceleration forces without even hitting your head.
- Regardless of severity, cannot be seen on a CAT Scan or a MRI.
- Rates are increasing, especially among middle school athletes.
- Not always an athletic injury... can be from a motor vehicle accident, a work injury, a fall or any daily mishap.
- If untreated, can lead to a higher risk of a second concussion.
- If a second concussion occurs before the first one is resolved, it can lead to permanent cognitive deficits. In rare cases, swelling of the brain and possible death can occur (Second Impact Syndrome).
- Go to www.MacConcussion.com to see a very informative 18 minute video from UPMC and University of Alabama. Click on “Concussions - Know the Facts” at the bottom of the home page.

MAC Concussion Centers: What to expect?

- Each Visit will include a thorough evaluation by our medical staff including an intense vestibular challenge exam (VOMS) plus an EyeGuide infrared eye tracker.
- Repeat ImPACT or CBS testing to assist the highly trained MAC staff in following the patient’s cognitive recovery.
- All results will be reviewed with and explained to the patient and family.
- A detailed plan will be developed to safely return to school, work, sports and exercise.
- 5 Stage UPMC Concussion Recovery Program & Vestibular Rehabilitation will be utilized by a local licensed physical therapist.
- All centers offer Telemedicine visits.

Technology - What’s New?

- ImPACT Neurocognitive Testing: FDA approved for ages 5-70. Used by U.S.A. Armed Forces, college and professional sports. www.ImpACTTest.com
- Cambridge Brain Sciences: Less intense cognitive test for ages 18-85, that can also predict ADD/ADHD post concussion. www.cambridgebrainsciences.com
- Right-Eye Infrared Technology: Extensive FDA approved infrared tracking of eyes post concussion. Evaluates the brain’s control of the eye muscles by tracking Pursuits, SACCADAS and Fixations of the eye’s pupils. www.righteye.com
- BrainScope - EEG Technology: FDA approved, military grade EEG that can determine permanent structural brain injury after a concussion. www.brainscope.com

MAC Concussion Centers:
What to expect?

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