



Return to Play: The Better Way

Concussion Balance Training for Athletes

Common symptoms of concussions include headaches, dizziness, fatigue, loss of balance, and difficulty concentrating. And its no wonder, when a patient suffers a concussion their visual, vestibular, and somatosensory systems are affected. These are the primary sensory components for balance.

Concussion balance testing and training should focus on assessing and treating deficits of the visual, vestibular, and somatosensory systems. Traditional static balance testing simply cannot challenge these systems to a level necessary to identify deficits that would halt a return to play.

How does FYZICAL Test for Return to Play? | COBALT™

COBALT™ (COncussion BALance Test) is a new balance tool that allows FYZICAL to determine a patient's readiness for return to activity. COBALT deploys a force plate and visual tracking software across 8 unique conditions assessing function of the three primary sensory balance systems. Failure to complete the test, or more than one error (ex. stepping off the plate, opening eyes in a closed eye task) in the later conditions indicates the patient is not ready to return to activity.

COBALT can be used post-concussion, and it is challenging enough to capture balance deficits in even the most highly trained athletes.

Massingale, et al. (2018). Comparison of uninjured and concussed adolescent athletes on the concussion balance test (COBALT). *J. Neurologic Phys Ther*, 42, 149-154.

Ready to Return to Play? FYZICAL can help clear the way.

COBALT™ Conditions

1. Eyes Open, firm surface
2. Eyes Closed, firm surface
3. Eyes Closed, firm surface, head shake
4. VOR cancellation, firm surface
5. Eyes Open, foam surface
6. Eyes Closed, foam surface
7. Eyes Closed, foam surface, head shake
8. VOR cancellation, foam surface

Love Your Life!



Schedule Now

Phone (405) 400-8909 or Fax (405) 400-8949 or QR

For more information visit: www.FYZICAL.com/Oklahoma-City