



Post-Concussion Syndrome (6-month) Treatment Case Study

Subject: Halie is a 16 yr old fe male. She has severe and chronic headaches exacerbated by several factors. She was diagnosed with post-concussive syndrome after 6 months of inconclusive medical management.

Background: Halie says her headache frequency is increasing over the last month and is exceeding a frequency of 3-4 times per week. She does not describe visual disturbances with each headache but does complain of a visual affect during the 'aggressive' ones. Halie says her heavy school and practice schedule is not permitting enough rest. And her sleep has become challenging. Halie says she is finding it difficult to get to sleep and maintain a deep sleep. Halie complains of general fatigue and a decreased enjoyment for her activities of daily life. She describes her appetite as less than normal during training. Additionally, Halie feels her performance in the training room and sport specific practice as weaker than usual. She also describes as though she is suffering from a 'fog-like' feeling during the day. Halie and her parents have pursued recommended medical treatment including OTC and a reasonable time of rest. The lack of results with rest and conservative care led Halie's parents to reach out to our clinic.

Baseline: By the time that Halie came to Great Boston Performance Care, she had just completed a 6 week period of rest. The symptoms were unchanged during this time and led to significant frustration.

On the first day of treatment at Pittsford Performance Care, Halie presented with:

- Flexor dominant posture on the left hemisphere
- Left hand internally rotated compared to the right
- Left ASIS elevated compared to the right
- Hyper-reflexive on the biceps and patellar on the left
- Pupillary light reflex on the left fatigues faster in comparison to right
- Tongue deviation to the left
- A feeling of foginess
- Temporal/ orbital HA rated at a 6/10

Protocol: In November of 2014, Halie received balance and muscular performance assessment which included cortical balancing, muscular activation, inspiration training, and Globus Phoenix wave rehabilitation.

Outcomes: After 4 treatments over 2 weeks, Halie demonstrated:

- Decrease in flexor dominant posture.
- Left hand symmetrical to the right.
- Left ASIS appearing closer to right.
- Patellar and biceps reflexes symmetrical right to left.
- Tongue deviation still noticeable to the left.
- Patient describes that the feeling fog has abated.
- Halie says no HA is present and has been gone for a week.
- Halie feels her sleep has dramatically improved and her energy levels feel normal.
- Halie feels she is performing at her normal level during athletics.

Dr. Luckey and the gang at GBPC continue to do great work in ways that for some may seem unique. Dr. Rob's approach to treating injuries goes beyond the scope of traditional therapy and instead works to discover the root of the problem. After some very successful work on Halie's bodily injuries over the years we turned to Dr. Rob to help with some ongoing headaches that she was suffering for quite some time. We had chalked up the consistent headaches to stress, long hours of activity in the hot sun, and possibly even an incorrect eye prescription. Dr. Luckey quickly helped us target the issue as post-concussive syndrome. After a few weeks of office visits we are very happy to report that the headaches have subsided and for the most part are few and far between at this time. The treatment that GBPC does is not only top notch, it is professional and respectful. We have long been fan of Dr. Luckey's work and that will not change. Thanks for all efforts and more importantly . . . the positive results. Bob and Kathie M.

