

Brain Injury Awareness Month

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About Brain Injury



Brain injury is unpredictable in its consequences. Brain injury affects who we are and the way we think, act, and feel. It can change everything about us in a matter of seconds. The most important things to remember are:

- No two brain injuries are exactly the same.
- The effects of a brain injury are complex and vary greatly from person to person.
- The effects of a brain injury depend on factors such as cause, location, and severity.

Brain injuries may be classified as traumatic or non-traumatic to describe the cause of the injury.

TRAUMATIC BRAIN INJURY CAUSES

- Falls
- Assaults
- Motor Vehicle Accidents
- Sports/Recreation Injuries
- Abusive Head Trauma (Shaken Baby Syndrome)
- Gunshot Wounds
- Workplace Injuries
- Child Abuse
- Domestic Violence
- Military Actions (Blast Injury)

NON-TRAUMATIC BRAIN INJURY CAUSES

- Stroke (Hemorrhage, Blood Clot)
- Infectious Disease
- Meningitis
- Encephalitis
- Seizure
- Electric Shock
- Tumors
- Metabolic Disorders
- Neurotoxic Poisoning (Carbon Monoxide, Lead Exposure)
- Lack of Oxygen (Drowning, Choking, Hypoxic/Anoxic Injury)
- Drug Overdose

Immediately following a brain injury, two things occur:

1. Brain tissue reacts to the trauma from the injury with a series of biochemical and other physiological responses. Substances that once were housed safely within these cells now flood the brain, further damaging and destroying brain cells in what is called secondary cell death.
2. Depending on the severity of brain injury, effects may include temporary loss of consciousness or coma, respiratory (breathing) problems, and/or damaged motor functions.

Just as no two people are exactly alike, no two brain injuries are exactly alike. For some, brain injury is the start of a lifelong disease process.

Brain injury requires access to a full continuum of treatment and community-based supports provided by appropriately educated clinicians serving on an interdisciplinary treatment team.

Assessments in Rehab

Once an individual with brain injury is in a rehabilitative setting, the treatment team will use a variety of tests and assessments to determine the individual's progress. These results of these assessments may be discussed with the person's family and loved ones and may be reported to insurance companies to demonstrate the patient's improvement over time.

There are several rehabilitation options based on a person's ability to participate in a rehabilitation program. More often than not, the insurance company will limit the number of days a person can participate in a rehabilitative program, making it especially important to find the right program for the person. The treatment team will typically advise, or refer, the patient to the most appropriate rehabilitation setting.

Occupational Therapists (OT)

Use purposeful activities as a means of preventing, reducing, or overcoming physical and emotional challenges to ensure the highest level of independent functioning in meaningful daily living.

Occupational therapists address activities of daily living (referred to as ADLs) such as feeding, swallowing, grooming, bathing, dressing, and using the bathroom. Further, they often assist individuals regain movements necessary to move the body on and off the toilet, bed, chair, car seat, and bathtub. OTs work on cognitive (thinking) skills for basic housework and money management, as well as social skills for community re-entry. Occupational therapists can address vision, sensation, driving skills, and fine motor skills (movement of small body muscles, such as in the hands). On occasion, an OT may assist with home evaluations, family training, and medical equipment assessments.

Physical Therapists (PT)

Evaluate and treat a person's ability to move their body. The physical therapist focuses on improving physical function by addressing muscle strength, flexibility, endurance, balance, and coordination. Functional goals include increasing independent ability with sitting, walking, getting in and out of bed, on and off a toilet, or in and out of a bathtub.



ARSO'S CHRONIC ILLNESS FOR NEUROLOGICAL DIAGNOSIS SUPPORT GROUP

ARSO's Movement Disorder Support Group is for any person with a neurological diagnosis with movement disorder deficits. We provide a safe place to share stories and find support from others who are dealing with similar deficits. We provide education and free resources to maintain an active motivated lifestyle and provide updated research for current diagnosis and treatment options. We invite experienced guests in the neurological area who provide resources to help move towards a fulfilling life.

Virtual meetings will be held every 2nd & 4th Friday of each month via Zoom starting at 11:00 am and lead by Dr. Judith Cooper, DPT.

CONTACT US TO SIGN UP TODAY!
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Patient Comments

My husband was referred to ARSO Neuro by the VA after he sustained an anoxic brain injury. Dr. Cooper has been instrumental in his progression. Even when the world slowed down with COVID, his care never took a break. Dr. Cooper came right into our home via telehealth and didn't miss a beat. I couldn't be more appreciative of the care she is providing, the care that has gotten him where he is today. I can't wait to see his progression as he continues his therapy. This team is absolutely the most amazing group of professionals. -D.P