Evidence-Based Practice

The Concussion Management Clinic provides evaluation and treatment for individuals suffering from a recent concussion and from post-concussion syndrome. Our internationally recognized experts are the most experienced in Western New York for evaluating patients with concussion and developing a safe return-to-activity (sport or work) program. For those who experience prolonged symptoms after concussion, called post-concussion syndrome, our novel, scientifically-validated treatment approach has been shown to be safe and effective for reducing symptoms and returning patients to their usual activities. It uses a carefully constructed exercise program tailored specifically to each patient.

We are currently the only concussion management clinic using this scientifically-validated, exercise-based protocol to evaluate concussions and to treat post-concussion syndrome. We offer both ANAM and mNEAT neuropsychiatric computer-based testing for baseline and post-concussion assessment of cognitive function in athletes to assist in a safe return-to-play decision.

The University at Buffalo Concussion Management Clinic is the most comprehensive in Western New York and has a multidisciplinary approach. You will see the physician and you will also see our neuropsychologist. Neuropsychologists specialize in brain and behavior relationships and they help to assess and manage concussions. Depending on your insurance coverage, this may involve an additional co-pay. In addition, many patients will take a computer test that measures memory and concentration. The test takes approximately 25 minutes to complete.

There’s a reason. We are the largest orthopaedic practice in WNY.

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UB Orthopaedics & Sports Medicine

University at Buffalo Concussion Management Clinic
Top Tier Treatment

We are experts at returning patients with concussions to sport or work and we treat patients whose symptoms persist beyond three weeks, which is called post-concussion syndrome.

Our concussion treatment program is unique and the most comprehensive in Western New York. It is based on cutting edge research developed at the University at Buffalo by John Leddy, M.D. and Barry Willer, Ph.D.

The treatment approach is based on a view of post-concussion syndrome as a whole body problem rather than just a problem with the brain.

All important aspects of human function are regulated in some way by the brain. A concussion causes a disruption of these regulatory functions and the patient experiences the concussion in the abdomen (nausea), the heart (irregular heart function), the liver (changes in the metabolism of medications) and the vestibular system (dizziness).

Our treatment, for those with prolonged symptoms, is aimed at restoring the regulatory functions of the brain through carefully monitored exercise.

Patients seeking treatment at the clinic will need to provide a referral from their primary care physician.