EXERCISE REHABILITATION OF SPORTS CONCUSSION

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Dr. John J. Leddy is Professor of Clinical Orthopedics, Internal Medicine, and Rehabilitation Sciences at the University at Buffalo School of Medicine and Biomedical Sciences, a Fellow of the American College of Sports Medicine and of the American College of Physicians, and Director of Outcomes Research for the Department of Orthopaedics. He is a Division 1 team physician and Program Director for the Sports Medicine Fellowship at the University at Buffalo. He is the Medical Director of the University at Buffalo Concussion Clinic. In conjunction with Dr. Barry Willer, he developed the Buffalo Concussion Treadmill Test, which is the first functional physiological test used to establish recovery from concussion and to develop exercise programs for the rehabilitation of patients with prolonged concussion symptoms. His primary research interest is the investigation of the basic mechanisms of the disturbance of whole body physiology in concussion and how to help to restore the physiology to normal to help patients recover to safely return to activity and sport.

Cerebral Blood Flow Velocity (CBFV) during exercise before and after sub-threshold exercise treatment. CBFV is plotted as a function of VO2 for PCS patients and controls. Before exercise treatment, CBFV was greater and exercise duration shorter in PCS (PCS-Pre,*P ≤ 0.05). CBFV and exercise tolerance returned to control levels after completing exercise treatment (+PCS-Post).

PUBLICATIONS


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