

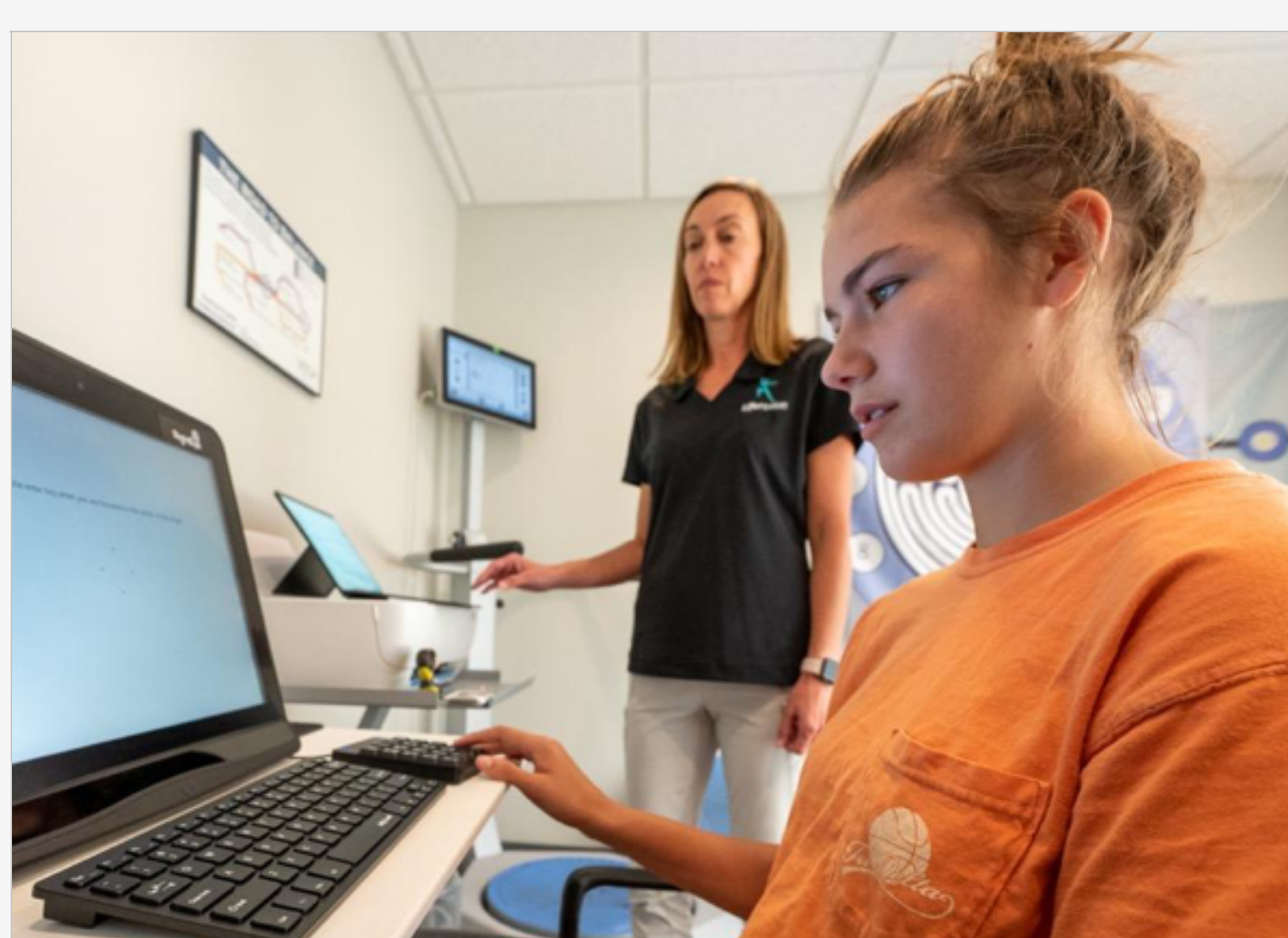
Got your bell rung? Get it un-rung: LifeMotion concussion recovery

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Welcome to our 1st E-Newsletter



Orthopedic Pelvic Health Balance

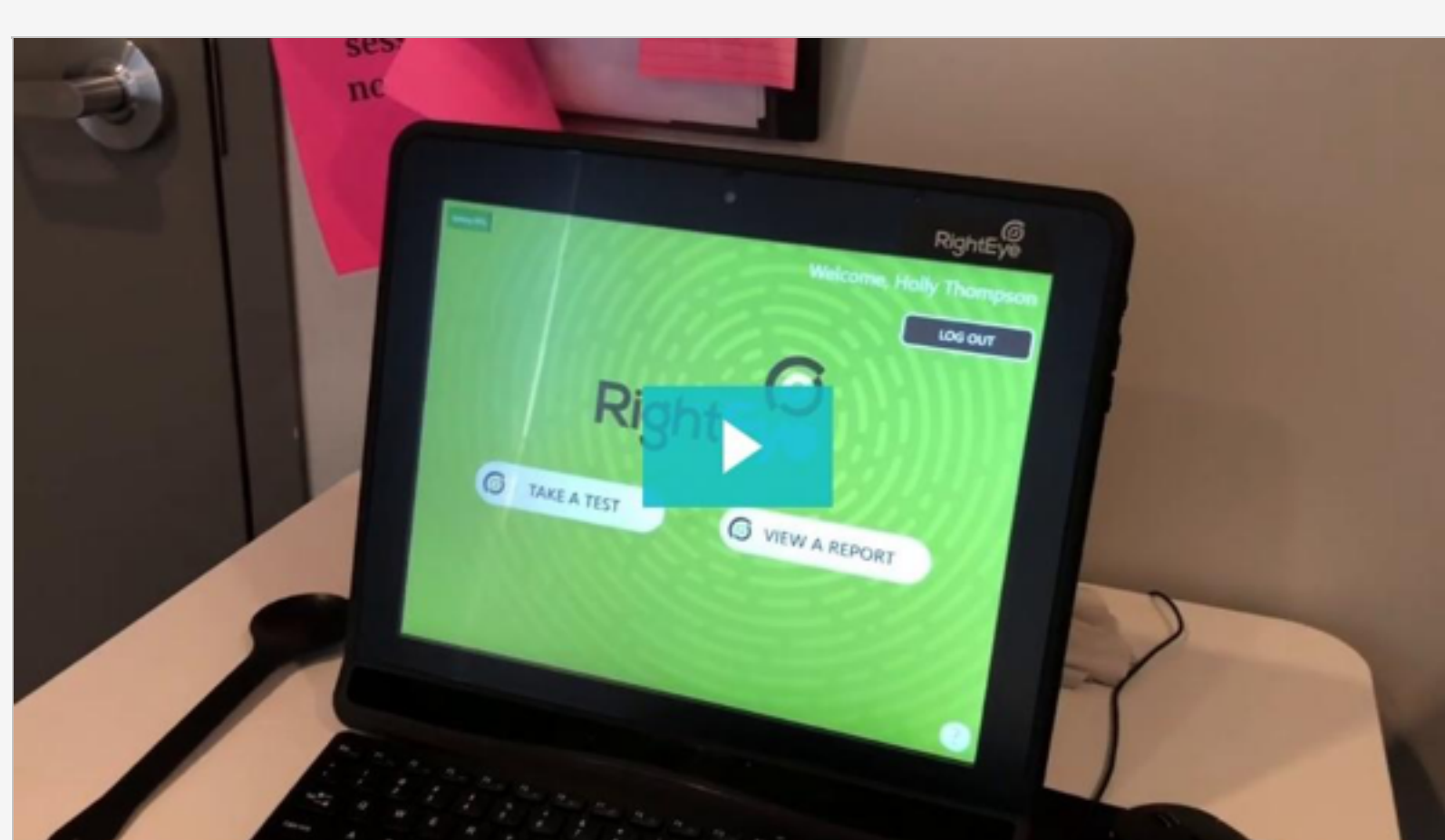


When Is it Safe for My Child to Return to Sport After a Concussion?

A concussion is a *functional* brain injury, meaning that while there is no significant structural damage (like a brain bleed), there are still disruptions to a variety of body systems. Symptoms can include headaches, neck pain, visual problems, balance disturbances, fatigue, confusion, memory loss, and more. Even without symptoms, important functions like vision, balance, and reaction time can still be impaired, placing your child at risk for a second head injury which can occur even with non-contact injuries like whiplash.

With such a broad list of symptoms, it is important to consult an expert who can establish both the root problem and the prescribed plan to help with the healing process. At LifeMotion, our evidenced-based clinicians use the latest technology to determine both. We use computer programs to look at vision, a specialized system called the Biodex to assess balance, and an application called Sway Medical to look at sport specific parameters like reaction time to help your athlete return to sport safely. At LifeMotion, we take a holistic approach to concussions by also discussing diet, sleep, and stress management techniques that help with recovery. We can partner with you to manage your concussion and get your child safely back in the game!

[Learn More About Concussion Recovery](#)



Service Highlight: RightEye

One important piece of technology we have in the clinic is a computer program called RightEye. RightEye measures how efficient the eyes are at tracking moving and still targets, which is highly important for sport, school, or work activities. The RightEye program also contains video games that are played by moving your eyes to help return dynamic vision to pre-concussion levels. We can even email you a link to do activities on your computer at home. We can track progress on the RightEye program over time, showing us how your athlete's visual function is improving. We have a score we would ideally want an athlete to meet before returning to sport to ensure they are performing at a high level in order to prevent injury and optimize performance.

[WATCH VIDEO](#)



Your LifeMotion Spotlight: Dr. Taylor Lee, PT, DPT

Taylor Lee Bakes Up Pain Relief

A proper croissant demands hours of work; folding the dough, resting it, working it again and again for days. LifeMotion's Taylor Lee knows this well because pursuing baking perfection is one of her passions. As you'll learn, it's a perfect fit for a career in physical therapy.

Taylor is Tulsa-born and a graduate of The University of Oklahoma. Norman is a Lee family tradition: both her parents are Sooners. Her Grandfather played basketball there. Sports is what led Taylor to physical therapy.

"I was always an athlete," Taylor says. "Fitness and exercise fascinated me growing up. But, it was after my sister tore her ACL playing soccer at 16 that I saw the difference a physical therapist makes."

At that moment, Taylor decided: this would be her life's work. The balance of science and fitness is a perfect fit for her—as is the joy found in getting to know people and their pains. Through her Pain Science studies, Taylor learned pain is in the brain.

"When our body becomes hypersensitive to pain through an inflammatory response, pain can persist even when there's nothing structurally wrong," Taylor says. "There's no such thing as a 'pain receptor.' The brain runs the body."

Recovery is a process of training the brain to understand. "Hey, we're okay," Taylor adds. That's where she helps people who are outside the healing window but still feel pain even without mechanical damage. Just like creating the perfect croissant: it's a process that takes time.

"Oh, the first time I made them, the dough was too wet," Taylor admits. Her husband, Peter, a Chemistry teacher at Tulsa's Booker T Washington High School, is Taylor's baking taste tester. She must be doing well. He not only graded her most recent croissants A+ but helped enroll her into a cake decorating class.

[Learn More About Our Team](#)



A Message from Ryan

I am so excited that you are receiving our inaugural LifeMotion newsletter today. Our team's goal is to provide you useful information monthly that will help you, your family and friends stay active and injury free. Today highlights a condition - concussion - that has come a long way in the 23 years since I started practicing. Back then, it was still an old school mindset of shake it off, you just got your bell rung. I certainly remember getting my bell rung multiple times in high school sports and sure wish I had access to the amazing care that LifeMotion PT experts and community partners provide.

As a father of three active kids, I know all too well the pressure to get kids back on the field, court or diamond quickly. But you only get one brain in life and it is super important that you take great care of it, especially during the developmental years. At LifeMotion, we have made it very easy to get screened if a loved one has signs of concussion. So don't be shy if you feel your child or loved one has signs of concussion and call the office to get screened.

At LifeMotion, our team of 10 PTs and PTAs focus on three primary areas: orthopedics, pelvic health and balance deficit conditions including concussion. We have two practices at Midtown Medical Plaza located at 35th and Harvard - LifeMotion Balance Center and LifeMotion at Tulsa Spine and Rehab. We are honored you have trusted us with your care in the past and are here for you in the future if you need us.

[Go to LifeMotion.com](#)