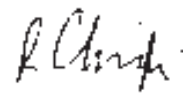


*Dear Colleague,*

At some point in their careers, most health-care professionals will have patients who are dealing with the effects of a brain condition. These situations can be extremely challenging, personally as well as professionally.

I've been actively involved in the field of physiatry (physical medicine) for my entire career. And I'm more optimistic than I've ever been about the possibility of improving the quality of these patients' lives. More advanced medicines, sophisticated therapies, and complementary treatments such as acupuncture are continually improving our ability to minimize pain and improve functioning.

At Crotched Mountain we have made a major commitment to providing advanced treatments on an outpatient basis so patients from all of central and northern New England can receive them without frequent travel or overnight stays. If you have a patient who could benefit from our new outpatient services, please give me a call so we can talk about how to make a real improvement in their lives.



Rocco Chiappini, M.D.

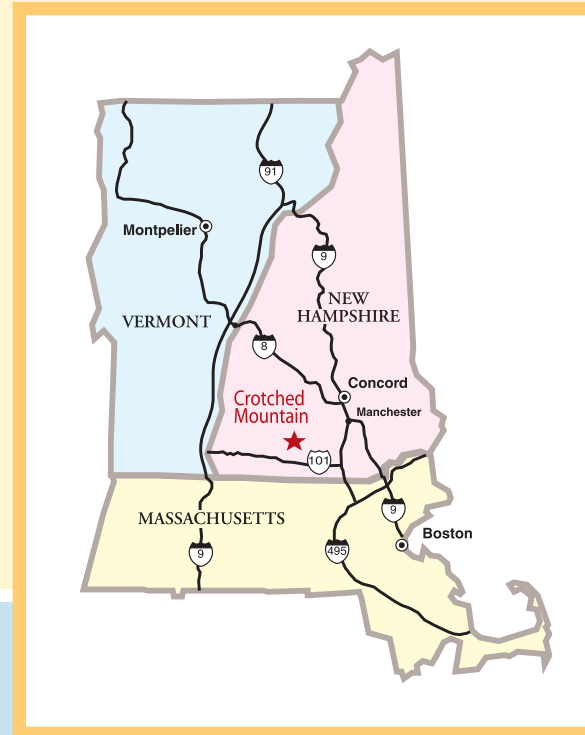


*Dr. Rocco Chiappini, Director, Rehabilitation and Physical Medicine, is certified by the National Board of Medical Examiners, the American Board of Physical Medicine and Rehabilitation, and is also certified in acupuncture. He is also on the board of the Brain Injury Association of New Hampshire.*



*Crotched Mountain is located on a rehabilitation center campus where we offer both inpatient and outpatient services. We are also one of the few centers in New England that offers the Certified Brain Injury Specialist Program of the American Academy of Brain Injury Specialists.*

*It's worth the trip!*



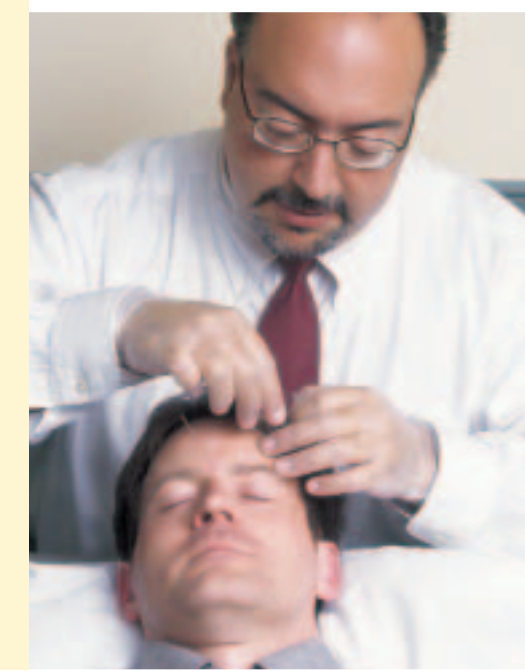
Crotched Mountain is located in the Monadnock Region of central New England, about 1.5 hours from Boston, MA and 45 minutes from Manchester, NH.

Medicare is accepted as a form of payment for approved services.



**CROTCHED  
MOUNTAIN**  
OUTPATIENT ADULT  
BRAIN INJURY SERVICES

One Verney Drive, Greenfield, NH 03047  
603.547.3311 ext. 360 and toll-free in NH 800.258.1466  
email: [outpatient@crotchedmountain.org](mailto:outpatient@crotchedmountain.org)  
[www.crotchedmountain.org](http://www.crotchedmountain.org)



**OUTPATIENT ADULT  
BRAIN INJURY SERVICES**



**A GUIDE FOR PROFESSIONALS**

*A new resource for your patients  
or clients with brain injuries.*



**CROTCHED  
MOUNTAIN**  
OFFERING A LIFELONG ALLIANCE  
TO PEOPLE WITH DISABILITIES

## MILD TRAUMATIC BRAIN INJURY (TBI) CLINIC

Mild traumatic brain injury (TBI) is an extremely common but under-recognized problem. Even in cases where TBI is diagnosed, the provider may not be aware of new, advanced modalities that could significantly improve their patient's health and functioning.

TBI may occur as a result of direct trauma to the head or an injury related to rapid acceleration or deceleration. Common causes include car and bike accidents, workplace and sports injuries, and even simple everyday falls.

Loss of consciousness may or may not occur. If so, it tends to be quite brief (seconds to minutes). The initial Glasgow Coma Scale is 13-15 and post-traumatic amnesia lasts less than 24 hours. Imaging studies and physical examination tend to be, essentially, normal. However, 15 percent of people who suffer a TBI will have persistent symptoms that can be quite disabling and lead to profound problems, including difficulty maintaining relationships or keeping a job. These symptoms may include:

- HEADACHE
- DOUBLE VISION
- DIZZINESS
- FATIGUE
- NAUSEA
- CONCENTRATION PROBLEMS
- IRRITABILITY AND DEPRESSION
- PROBLEMS WITH RELATIONSHIPS OR WORK PERFORMANCE
- MEMORY PROBLEMS

At the Crotched Mountain Mild Traumatic Brain Injury (TBI) Clinic, patients are assessed for signs that TBI has occurred. Once a diagnosis is established, a treatment plan is developed that strives to minimize problem symptoms and maximize improvement in function and quality of life.

Potential interventions are medications to improve concentration and decrease depression or pain, acupuncture for headache management, and vision or other therapies, all developed and implemented in coordination with the patient's primary-care provider and other community specialists.

## GENERAL NEUROREHABILITATION CLINIC

There are many neurologic conditions that affect not only a person's health, but his/her ability to function. Examples include stroke, traumatic brain injury, spinal cord injury, multiple sclerosis, and cerebral palsy.

These conditions can affect multiple organ systems as well as the neurologic and skeletal systems. They can affect the way a person is able to interact with family, friends, colleagues, and employers. Some of the problems which may affect patients with these conditions include chronic pain, difficulty walking or talking, swallowing problems, trouble with bowel and bladder control, and sexual dysfunction. These complicated neurologic conditions require a coordinated team approach to achieve the best possible outcome.

At the Crotched Mountain Neurorehabilitation Clinic, patients are assessed by a Board Certified Physiatrist who formulates a plan of care to address the needs of the whole patient. In addition, an experienced team of therapists is available for treatments ranging from aquatic therapy to driver evaluation and training.

WE COORDINATE CARE WITH THE PATIENT'S PHYSICIAN,  
THERAPISTS, AND FAMILY IN ORDER TO  
MAXIMIZE HIS OR HER ABILITY TO FUNCTION  
INDEPENDENTLY AND PRODUCTIVELY.

## COMPREHENSIVE ON-SITE REHABILITATION SERVICES

On-staff specialists provide brain-injury patients with the latest rehabilitative treatments:

- |                              |                               |
|------------------------------|-------------------------------|
| Aquatic Therapy              | Physical Therapy              |
| Assistive Technology         | Psychological Assessments     |
| Audiology                    | Speech-Language Pathology     |
| Driver Evaluation & Training | Wheelchair Seating & Mobility |
| Dysphagia                    |                               |
| Occupational Therapy         |                               |



## SPASTICITY/TONE MANAGEMENT CLINIC

Spasticity, or excessive tone, can be a major problem for individuals who have suffered stroke, traumatic brain injury, or spinal cord injury, or have chronic conditions such as multiple sclerosis and cerebral palsy. Defined as the "velocity dependent resistance to passive stretch of a joint," spasticity is caused by hyperexcitability of the stretch reflexes. It is one component of the Upper Motor Neuron Syndrome which also includes released flexor reflexes, weakness, and decreased finger dexterity.

At the Crotched Mountain Spasticity/Tone Management Clinic each individual with spasticity receives a full assessment at the initial visit by a Board Certified Physiatrist. An individualized treatment plan is then developed with a focus on controlling the spasticity and thereby improving function and quality of life. Specific treatments may include oral medications, Botox™, intrathecal Baclofen™ pump management, physical and/or occupational therapy, aquatic therapy or acupuncture. Assessment of the response to the treatment plan is performed during regular followup clinic visits, and the treatment plan is modified as needed.

### We Can Help With:

- Headaches that just won't go away
- Memory that just won't come back
- Pain that comes and goes
- Problems with speech or movement
- Excessive tone or spasticity

### Caused By:

- Traumatic Brain Injury
- Stroke
- Chemotherapy
- Post-Operative Complications
- Cerebral Palsy
- Multiple Sclerosis

