

To: Members of the Ohio Youth Sports Concussion
and Head Injury Return to Play Guideline Committee

from Doctor Kelly Roush
Certified Chiropractic Sports Physician, Certified Athletic Trainer

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Chairman Hodges and committee members, my name is Dr. Kelly Roush and I am currently the director of the Holzer Sports Medicine Department in Gallipolis, Ohio. I want to thank you for the opportunity to allow me to speak before you today and offer my first-hand knowledge on practicing concussion management in Ohio. However, before I offer my expertise on the subject matters of the education requirements, experience and training a healthcare provider needs in order to practice concussion management; I thought it would be appropriate to share a quick synopsis of my biography.

As a chiropractic physician who is also a Certified Chiropractic Sports Physician, my number one focus is always ensuring when a patient comes into my office, whether 50 year-old steel mill worker or a 16 year old football player, he or she is provided the utmost quality evaluation and treatment in order to return them to work or sports activity safely. In addition to the clinical care I provide patients in the office, I also spend a great deal of time educating others about prevention of injury. I speak frequently at conferences about concussions and have appeared on numerous TV and radio shows. I have written newspaper articles, taught coaches certification classes, and train team physicians (MD, DO, DC) on how to provide emergency care and on field assessment of the head/neck. I have taught concussion care sessions to Ohio University Osteopathic program and West Virginia University, University of Charleston and Ohio University's Athletic Training Programs. I also host a sports radio show on Saturdays throughout the fall season and dedicate a segment to the prevention of injury. I have taught management of head trauma at the American Pediatric Conference in Carey, NC; was a guest speaker on traumatic head injury at the NFL Sideline Report nationally televised program in Marietta, Georgia last April, and I presented a case study for Second Impact Syndrome at the National Concussion Summit in Los Angeles, CA in May.

Additionally, I have taught several traumatic head injury conferences with Dr. Julian Bailes, one of the nation's top neurosurgeons whom is nationally renowned for his research on CTE and traumatic brain injury. I developed the Sports Medicine Program at Holzer Clinic, a 140 multidisciplinary physician clinic where I work and currently serve as Director of Sports Medicine Services. I have written a book on Sports Concussion and Neck Trauma: Preventing Injury for Future Generations, and I serve on Medlogix Medical Panel as a consultant for traumatic brain injury.

Currently, chiropractic education requires clinical competency in history taking, physical exam, neuromuscular exam, psychosocial assessment, diagnostic study interpretation, diagnosis and clinical impression, case management, emergency care evaluation and assessment. The DC program provides a comprehensive educational component in neurology as that is what we do: we treat the nervous system. We evaluate head and neck trauma on a daily basis. Thirty one states have concussion regulation laws and a large number of those states allow Doctors of Chiropractic to make return to play decisions for concussed athletes without consultation or supervision of a MD/DO. My professional opinion on this is because Doctors of Chiropractic evaluate head and neck trauma on a daily basis and have the neurological training needed to make these decisions. I have gained the respect of other medical professionals through the testament of quality management of patients with concussion that I provide. I have received 180 referrals from medical doctors, doctors of osteopath and athletic trainers for concussion evaluation from October 2013 to October 2014, during a time period when I cannot even make the final return to play decision. Out of those 180 concussed athletes, the cervical region was also evaluated and a majority of those patients received Impact Neurocognitive testing and all received written cognitive testing. DCs evaluate head and neck trauma for patients with sports injury, whiplash, MVAs, workers compensation, falls at home on a daily basis. We have been evaluating these conditions for years. I have several letters of support from

medical doctors, parents, and coaches advocating for chiropractic physicians to be authorized to make return to play decisions for athletes. These letters are enclosed with my testimony.

Most DCs whom evaluate concussed athletes in their office serve as Team Physicians and the majority of Chiropractic Physicians whom serve as Team Physician have additional training in Sports Medicine. However, because youth concussions are often difficult to properly evaluate and manage, I strongly feel that all physicians (MD, DO, DC) should be required to take post graduate continuing education on the topic of concussions in order to make Return to Play decisions for concussed athletes. While I understand continuing education requirements for concussion management will solely be left up to the individual licensing boards, it is in my professional opinion that healthcare providers in the state of Ohio wishing to practice concussion management should take at least four CE hours per year. I also propose stricter helmet safety regulation. There should a restriction that football helmets at a varsity level are replaced every 5-7 years and replaced at least every 7 years at a junior high or youth level. A football helmet is only designed to withstand so many hits. The current regulation for a football helmet is 10 years. We have been replacing our varsity helmets every 5-7 years at the high school where I am team physician and we have seen a drastic decrease in the incidence of concussion in the past two years.

I have given my testimony today to commend you on taking a proactive role in attempting to improve the safety of our athletes. You all should be honored to serve on this committee. You have an opportunity to make a difference. This isn't just a piece of paper to sign to say Ohio has a concussion law. You have an opportunity to save lives of young athletes whom continue playing with known symptoms. Healthcare providers in Ohio need to be trained to ask the right questions, need to stay updated on the latest research and treatment options, need to know how to properly provide an objective evaluation of these athletes consisting of neurological exam, balance testing, neuropsychological cognitive testing and physical exam at rest and post exercise before returning these athletes back to athletic participation.

I have enclosed a copy of our hospital's head trauma pathway, which you will notice is signed by the Director of Emergency Services, an MD, Director of Trauma Services, an MD, our neurologist, DO, MPH, and myself, Director of Sports Medicine, a DC. We all need to work together to tackle this very serious, life threatening condition.

Thank you committee members for your time and thoughtful consideration, I would be happy to answer any questions you may have.