

Mark A Korchok D.C., DACBSP
Diplomate of the American Board of Sports Physicians

Good Morning

Dear Director Hodges and Members of the Youth Sports Concussion and Head Injury Return to Play Guidelines Committee.

I would like to thank you for the opportunity to provide testimony today.

My name is Dr. Mark A. Korchok from Cincinnati Ohio.

I have been in private practice since 1988 when I established The Chiropractic & Sports Injury Center of Cincinnati. I am the President, and Clinic Director overseeing a patient base that has grown steadily over the years. I have created a patient centered practice of compassion and empathy dedicated to the evaluation, treatment and coaching of patients. I have integrated sports chiropractic with advanced chiropractic techniques, nutritional and lifestyle counseling, rehabilitation and preventative care into a well-respected family chiropractic center. I enjoy hospital privileges at Mercy Health and Jewish Hospital in Cincinnati. I led chiropractic rounds for the University of Cincinnati Medical School's Complimentary and Alternative Medicine's Medical Students. As a sports chiropractic physician, I have provided care to many athletes locally and nationally including professional and Olympic athletes. I continue to serve my patients and am enlightened by our encounters daily.

I am a Doctor of Chiropractic and have a Bachelor of Science in Honors Kinesiology from the University of Waterloo, in Ontario Canada. I am a Diplomate of the American Chiropractic Board of Sports Physicians. I am a Past President of the Ohio State Chiropractic Board and a Fellow with the Federation of Chiropractic Licensing Boards.

I am a Chiropractic Physician and Consultant for Sycamore High School and Athletes In Action Sports Ministry.

Once again thank you for allowing me to present my opinions today.

The Doctor of Chiropractic is qualified to provide treatment to an athlete who suffers a concussion and would follow the parameters set forth in the Consensus Statement on Concussion in Sport—the 4th International Conference on Concussion in Sport Held in Zurich, November 2012. This Consensus is a progression of previous recommendations made following the Vienna 2001, Prague 2004, and Zurich 2008 International Consensus Conference on Concussion in Sport. “The Science of concussion is evolving and therefore management and return to play decisions remain in the realm of clinical judgment on an individual basis.” The

return to play parameters are contained in the document and should follow the recommendations of a stepwise progression of increased physical exertion. Since concussion is a functional injury that also may involve cervical spine dysfunction, the chiropractic physician is best suited for return to play when assessing cervical spine injuries additionally. A multi-disciplinary approach involving the healthcare team, including the chiropractic physician is beneficial for the recovery of the athlete.

A chiropractic physician's opinion to clear any athlete for return to play should be sought by the other members of the multi-disciplinary team when the chiropractic physician has been a part of the evaluation and management process. His or her opinion should be of equal value and weight of that of the medical or osteopathic physician. The return to play decision is best made in collaboration with the athletic trainer and/or other members of the healthcare team. This holds true in my experience in working with the Sycamore High School Sports Medicine Team, in which I have played an integral role in the treatment of the athlete including those participating in contact and non-contact sports and activities.

Any health care provider administering care and treatment of the concussed athlete should be familiar with the Zurich Consensus Statement of 2012 and therefore minimal education requirements necessary to qualify a physician or licensed healthcare professional to assess and clear an athlete for return to practice or competition should demonstrate an understanding and implementation of its recommendations. Those physicians and healthcare providers who are not familiar with return to play criteria should complete training in Evaluation and Management of Concussions which may involve attending a seminar, conference or webinar, for example, to attain appropriate continuing education and to demonstrate proficiency in evaluation and management of the athlete.

Chiropractic physicians, like other physicians who have additional postgraduate training such as a Certified Chiropractic Sports Physician, which is 100 postgraduate hours, or a Diplomate of the American Chiropractic Board of Sports Physicians, which is 300 hours have exceeded the minimal levels of education and training and are qualified in the evaluation, management and return to play of the athlete. The American Chiropractic Board of Sports Physicians has published a position paper on Concussion, which supports this opinion.

For those physicians seeking continuing education in Concussion evaluation, management and return to play of the athlete, The American Chiropractic Board of Sports Physicians provides this opportunity with online courses. This is an excellent resource for additional training.

For any physician or healthcare provider looking to remain current with Zurich Consensus of 2012, it is my professional opinion that 4 hours of continued education in a course such as or similar to this would be sufficient. This requirement should apply to all physicians, medical, osteopathic, chiropractic and other healthcare

providers wanting to remain current with issues of Concussion evaluation and management.

In addition, it is my opinion that within the hours of this educational requirement, there should contain considerations in assessing the child or adolescent athlete. The chiropractic physician is more than adequately trained in pediatric care and has the baseline knowledge to identify, treat and manage Concussion in children.

Thank you for the opportunity to provide my professional opinions.

I am available to the committee to answer any questions regarding my opinions.

Respectfully submitted,

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