

## Supplemental questions

**1. Dr. Robin V. West: Are there home recovery programs that can be given to post-concussion patients?**

**Author's Answer:**

Yes, there are home recovery programs that can be provided to patients recovering from concussion. Most often, home recovery programs are developed for those individuals recommended to receive vestibular, cervical and/or vision therapies following concussion. It is important to note that not everyone recovering from concussion requires specific therapies following their injury and these are recommended individually based on the identified clinical profile(s) and clinical presentation. Some individuals only require home management which typically involves implementation of a regulated daily schedule (i.e., eating regular meals, staying well hydrated, engaging in daily physical activity, maintaining a regular sleep schedule and managing stress) as well as use of short breaks throughout the day to help with management of symptoms.

**2. Dr. Robin V. West: When a patient with pre-disposing risk factors to a prolonged recovery or poor outcome presents to you following a concussion, what do you do differently during that first appointment when compared to a patient who has no pre-injury risk factors?**

**Author's Answer:**

In general, you do not have to do anything differently as long as your first appointment with every patient is comprehensive (i.e., includes multiple assessment tools,

includes detailed clinical interview with relevant pre-injury risk factors, review of current symptoms) and includes all the necessary components to fully evaluate the injury. That being said, the biggest differences or consideration points for those with pre-injury risk factors tends to be rate at which a therapy and/or medication may be recommended. For example, in an individual with a history of migraines that is showing a migraine profile post-concussion medications may be initiated sooner. Additionally, providing education at that initial appointment for those with pre-injury risk factors is important in terms of setting appropriate expectations which can ultimately reduce stress and improve overall recovery.

**3. Dr. Robin V. West: Is it safe to "clear" an athlete to return to play if they are symptom-free but have continued "abnormal" findings on VOMS?**

**Author's Answer:**

The short answer is "yes" it can be safe in certain circumstances though it is rather rare to have abnormal findings upon clearance. The VOMS, like any other tool used post-concussion, is meant to be used in conjunction with other measures to fully evaluate all aspects that can be affected post-concussion and therefore it is not meant to be an end-all-be-all in terms of determining clearance. Some individuals with certain pre-existing histories (e.g., lazy eye, motion sickness, migraine) may be more likely to obtain "abnormal" findings and therefore these factors must be considered when evaluating results. Additionally, results can sometimes be affected by external factors such as mood (e.g., anxiety) and/or another illness (e.g., allergies, flu).