



Therapy for post-concussion syndrome

BUFFALO, N.Y., Oct. 12 (UPI) -- The University at Buffalo's Sports Medicine Institute has developed a new method for treating athletes who sustain post-concussion syndrome.

For unknown reasons, 5 percent to 10 percent of people who experience a concussion have symptoms that persist beyond six weeks. These people are diagnosed with post-concussion syndrome, or PCS. Previously there has been no treatment for the condition with proven success.

"The most common approach by physicians is to recommend no exercise and prescribe antidepressants," said author Barry Willer. "However, antidepressants do little more than relieve some of the depression symptoms. We were interested in a treatment that didn't just treat the symptoms, but actually improved the patient's brain function."

The researchers call the treatment "regulated exercise," or determining the ideal exercise program for each athlete based on a number of individual physiological indicators at baseline, according to the study published in Current Treatment Options in Neurology.

"The treatment program is well tolerated by patients," Willer said. "Just being able to exercise often reduces the depressive symptoms. But it's imperative that the patient not go beyond the exercise limits."

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