

## Webinar Information Sheet

**Webinar Title:** “Preventing and Treating Concussions”

**Course Description:** The threat of concussion is an ever-present concern in the world of sports and athletics and this evidence-based webinar takes a comprehensive look at the current practices in preventing and treating concussion. From initial assessment to treatment options to determining when (or if) an athlete can return to play; this micro-webinar packs a lot of punch into a 1-hour presentation.

### Learning Objectives:

- After viewing this webinar, you will be able to:
  - Identify the possible causes of increased concussions in female athletes
  - Explain the incidences of concussions in young athletes
  - Define concussion
  - Provide options for addressing the severity of concussions
  - List methods and factors used to identify safe return to sport after a concussion

**Target Audience:** ATs, PTs, PTAs.

**Schedule and Format:** Self-paced recorded webinar.

**Registration Fees:** \$20.00

**Cancellation/Refund Policy:** After you get your home study course you have three days to change your mind and ask for a full refund. Just notify us by email within that three day window and provided you have not generated your continuing education certificate we will issue a full refund. That’s it. No questions asked. (Once you have generated your CE certificate you can not cancel the order.) ***Remember that all webinars must be viewed in the year they were purchased!***

### Course Developer Credentials:

Heather Clawson, MD, CSCS

Heather is a Doctor of Internal Medicine who began her fitness career at the age of two when she began training in gymnastics; by the age of fourteen she reached her goal of joining the U.S. women's gymnastic team. Her love of health and fitness inspired her to become a certified group exercise instructor and personal trainer during her undergraduate studies at the University of Arizona, where she obtained a BS in Microbiology & Immunology. Heather has spent almost 20 years incorporating her medical experience into a fitness career, while

simultaneously educating other physicians on how to correctly teach patients to exercise. Heather is highly experienced in group fitness, weight training, and proper nutrition. Currently the Fitness Director for Crunch Fitness on Miami's South Beach, she is an ACE certified personal trainer, and a Certified Strength and Conditioning Specialist. Heather joined our faculty in 2002.**Course Presenter Credentials:**

**Laura Abbott, M.S., LMT**

Laura Abbott is an NCTMB certified and Georgia licensed massage therapist having graduated from Academy of Somatic Healing Arts in Atlanta, GA. She earned her undergraduate degree in Exercise Science and her Master's Degree in Sports Medicine from Georgia State University, and she interned in the Emory University Cardiac Rehabilitation Department and at the Georgia Institute of Technology Athletic Department. Laura worked with Federal Occupational Health training and educating Federal Law Enforcement officers and traveled around the country presenting continuing education programs for many years. She has been quoted in Ladies Home and was a featured speaker for the Speaking of Women's Health Expo for 2 consecutive years and she has presented at the National American College of Sports Medicine conference. Laura currently teaches in the Kinesiology and Health department at Georgia State University and is a guest speaker at Atlanta area massage schools and at the Georgia State University Physical Therapy department. Since 1991 she has owned and operated Premier Performance, Inc. in Atlanta, specializing in exercise and massage therapy. She is the author of the book, *Massage Therapy Review: Passing the NCETMB and NCETM* published by McGraw-Hill and available on Amazon.com. Laura joined our faculty in 1996.

**Contact Hours/CEUs/CECs:** *Please visit our website for the most up-to-date continuing education awards.*

**Sponsors:** N/A