



Institut de recherche  
sur le cerveau

Brain and Mind  
Research Institute

# CONNECT.EXCITE.HEAL.



## February Edition

---

## New Frontiers in Concussion Research

For February's Connect.Excite.Heal. Series, we are highlighting the work of Dr. Roger Zemek, as reported by CHEO Research Institute. Hear from Dr. Zemek below, and read CHEO's article [here](#).

# NEW STUDY - Return to school sooner, and recover faster?

*“As a pediatric emergency physician who treats hundreds of youths with new and persistent concussion symptoms, I see far too many kids who are told to avoid school until they are symptom-free which can cause more harm and delay the recovery process. The results of this study provide strong evidence that an early return to school is associated with better outcomes.”*



## - Dr. Roger Zemek

Senior Scientist at the CHEO Research Institute, Professor and Clinical Research Chair in Pediatric Concussion at the University of Ottawa, & senior author on the study



# Is returning to physical activity 3 days post-concussion beneficial?

Connect.Excite.**Heal.** Series | February edition

*“The study confirms that early return to physical activity is safe, can reduce concussion symptoms and reduces the rate of delayed recovery. **Gone are the days of resting in a dark room.**”*

**- Dr. Andrée-Anne Ledoux,**

*Scientist at the CHEO Research Institute, Professor at the University of Ottawa, & study's corresponding author.*

# Can mindfulness-based intervention help improve concussion symptoms?



“This is the first study in the world to examine the potential of mindfulness delivered through a mobile platform with artificial intelligence, to improve recovery from acute concussion. [...] In order to provide objective evidence of the benefits of intervention, a subset of 60 study participants will undergo brain imaging pre- and post-treatment.”

**- Dr. Andrée-Anne Ledoux,**

*Scientist at the CHEO Research Institute, Professor at the University of Ottawa, & the study's Principal Investigator.*

Dr. Andrée-Anne Ledoux and Roger Zemek's work on PedCARE, the first real-world, randomized clinical trial to examine prescribing an early return to physical activity to children following a concussion. Read more, as reported by CHEO, [here](#).

Want to stay informed about the most up-to-date, evidence-based clinical recommendations and tools to manage concussion in children and adolescents? [Check out this link](#), brought to you by researchers such as Dr. Zemek and Dr. Ledoux.