

Telehealth concussion treatment for rural and regional Australians



What are we offering?

A free telehealth concussion rehabilitation program, called: Interdisciplinary Rehabilitation for Concussion Recovery via Telehealth (iRECOVER-TH). Receiving this program privately is valued at over \$3000.

Using telehealth video consultations with a **neuropsychologist, physiotherapist and doctor**, the program is intended to treat persisting symptoms after concussion, such as fatigue, feeling forgetful, dizziness and more.

Participants will receive a telehealth assessment with a neuropsychologist and physiotherapist, and then be randomly allocated to:

An 8-12 week program involving treatment with a neuropsychologist, physiotherapist and doctor.

OR

An 8-12 week program involving educational materials to self-manage symptoms, and symptom monitoring.

You may be eligible to participate if you:

- Live in rural, regional, or remote areas in Australia, and
- Have had a concussion within the past 3 years, and
- Have had persisting symptoms after a concussion for at least 2 weeks, and
- Are aged between 16-70 years, and
- Do not have an acute psychiatric condition, significant neurological history, or regularly use recreational substances

If you are interested in participating:

Email us: spp-irecover@monash.edu

Find out more information: Scan the QR code

