

POST-CONCUSSION BOOTCAMP

brain
rehab
network

PROGRAM

Our Post-Concussion Bootcamp Program speeds recovery for those with persistent post-concussion symptoms. Our multidisciplinary team of physical, speech, and occupational therapists, psychologists, and psychiatrists emphasizes education, skill-building, and symptom management with a focus on return to work and daily living.

ABOUT US

Brain Rehab Network (BRN) - the most experienced and trusted rehabilitation team in the Pacific Northwest. For over 30 years we have delivered **expert, coordinated and collaborative** care to drive progress and build hope. BRN is the only **CMS Certified Comprehensive Outpatient Rehab Facility & CARF Accredited** brain rehab program in the region.

PROGRAM DETAILS

4-week program with treatment intensity individualized to patient needs

Strategies to improve mood, boost confidence and reduce anxiety

Emphasis on return to employment through solution-focused interventions

Educational approach that focuses on abilities

Topics include pacing techniques, energy and symptom management strategies, planning and organization tools, sensory tolerance building

Follow-up services provided as needed to support maintenance of treatment gains

Serving ages 18+



SYMPTOM MANAGEMENT

PLANNING AND ORGANIZATION



RETURN TO WORK

HEALTHY LIFESTYLE



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