

For more information about our Concussion Program visit: SaintPetersHCS.com/SportsMed/Concussion

Most insurance plans accepted. Please call 732-565-5455 to ask about specific plans.

Hours of Operation:

**Monday and Thursday
8:00 AM to 5:00 PM**

**Tuesday and Wednesday
10:00 AM to 7:00 PM**

**Friday
8:00 AM to 12:00 PM**



562 Easton Avenue
Somerset, NJ 08873
732-565-5455

www.SaintPetersHCS.com/SportsMed

Concussion Program



The Concussion Program at Saint Peter's Sports Medicine Institute

Saint Peter's Sports Medicine Institute is a premier provider of concussion care in the central New Jersey region. The Institute's concussion program is led by a pediatric sports medicine physician specializing in the care of children with concussion and has a strong partnership with physical medicine and rehabilitation physicians from University Pain Medicine Center who specialize in the treatment of concussion in the adult population.

Signs and Symptoms of a Concussion

- Loss of consciousness
- Balance problems
- Nausea and vomiting and/or dizziness
- Fatigue or low energy
- Irritability
- Headache or "pressure in head"
- Sensitivity to sounds and/or light
- Difficulty concentrating and/or remembering

When to Schedule an Appointment

If a concussion is suspected, proper and timely assessment by a physician who specializes in concussion is essential.

Risk Factors for Delayed Recovery

- History of Attention Deficit/Hyperactivity Disorder (ADHD) or a learning disability
- Depression
- Anxiety
- History of multiple concussions
- Migraines
- Symptoms lasting 2 to 3 weeks

Concussions can occur from a blow with an impulsive force to the head or the body.



What to Expect at Your Visit

The evaluation may include:

- A comprehensive evaluation by a physician specializing in concussion
- Computer-based cognitive testing
- Balance assessment
- Functional eye exam
- Neck exam

Following the examination the physician will review a plan for return to school and return to sport. The physician may also refer you/your child for additional testing or other medical services.

Meet Our Team Physicians

Pediatrics (college age or younger)



Arlene Goodman, MD

Arlene Goodman, MD, has over six years experience specializing in the management of pediatric and adolescent concussions at The Children's Hospital of Philadelphia (CHOP). Dr. Goodman is board certified in both Pediatrics and Sports Medicine. Her areas of expertise include concussion, knee pain, and sports medicine. She serves on the Sports Concussion Committee of the Brain Injury Alliance of New Jersey. Dr. Goodman has been recognized by her peers as one of the "Top Docs for Kids" in South Jersey.

Adults



Sagar Parikh, MD

Sagar Parikh, MD, is board certified in Physical Medicine and Rehabilitation and Pain Medicine. He completed his residency and fellowship at Mount Sinai Medical Center in New York and Northwestern Memorial Hospital in Chicago. Dr. Parikh is with University Pain Medicine Center in Somerset.

Dr. Parikh graduated with Distinction in Research from Robert Wood Johnson Medical School in New Jersey, and completed a Clinical Research Fellowship at the National Institutes of Health in Bethesda, Maryland. With his background in Physical Medicine and Rehabilitation. Dr. Parikh has a special focus on sports medicine and musculoskeletal injuries.