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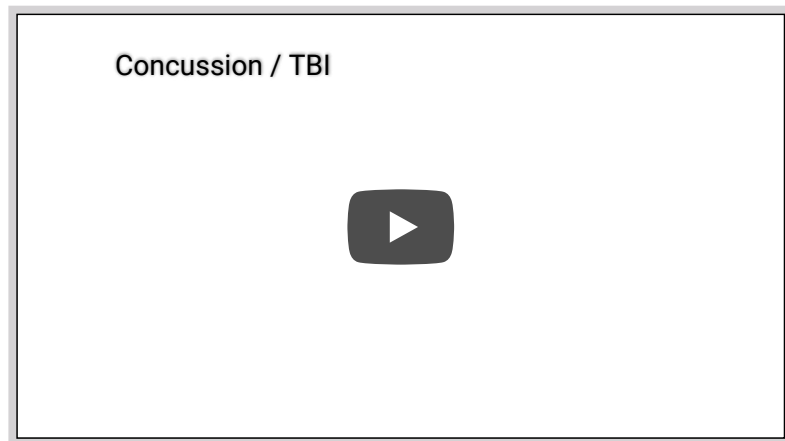
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POSTED BY: APEX BRAIN CENTERS | ASHEVILLE NC NOV, 2015

Case Study: Young Mother With Multiple Concussions Finds



Ali's Story

Ali presented to APEX Brain Centers in August of 2015 in search of concussion relief. She was struggling with a host of debilitating complaints due to multiple head injuries and concussions over the years. Headaches, brain fog, memory loss, anxiety, emotional distress, restless legs, tightness in the chest, tingling in her limbs, postural orthostatic tachycardia syndrome (POTS), dizziness, spatial awareness difficulties, loss of muscle mass and hair, gastrointestinal (GI) difficulties and more were all part of her normal daily experience. She was in a constant search for concussion relief. She had been to a host of specialists with limited outcomes; including osteopaths, naturopaths, ENTs, cardiologists, allergists, chiropractors, physical therapists, acupuncturists and massage therapists. She was an exceptional student and athlete prior to her injuries.

Ali traveled from Virginia to seek care at APEX Brain Centers in Asheville, NC in late August, 2015 on referral from a friend who had similar problems with exceptional outcomes at APEX. She underwent an intensive course of Brain Training (<https://apexbraincenters.com/brain-training/#what>) where she was admitted into in an individualized program directed by extensive diagnostic testing, and led by clinicians highly experienced in functional neurology and functional medicine. What follows is a sampling of some of the cutting-edge clinical interventions and amazing functional gains Ali experienced during her time at APEX.

Intervention for Concussion Relief

Ali underwent comprehensive Brain Training at a frequency of 3 times per day over the course of 10 days (with 2 days off between each week for much needed rest and recovery). Her brain function was carefully monitored throughout the training process with measurement of EEG brainwaves, vital signs (particularly important in those with POTS), eye movements, balance, mental and physical timing, and more to ensure she was receiving the proper amount therapy to be effective; but not too much so as to reproduce/amplify symptoms. Laboratory tests were ordered to evaluate for suspected food reactivity, markers of inflammation, altered stress responses and amino acid insufficiencies; among other factors. Modalities implemented included, but were not limited to: neurofeedback (<https://apexbraincenters.com/brain-training/neurofeedback/>) (NFB), Interactive Metronome (<https://apexbraincenters.com/brain-training/interactive-metronome/>), vestibular rehabilitation, metabolic/nutritional therapies (<https://apexbraincenters.com/brain-training/metabolic-nutritional-therapy/>), eye movement and neurological rehabilitation, whole body vibration, electrical stimulation, cognitive training, breathing exercises and home care protocols.

Ali's Outcomes after Brain Training

Subsequent to her initial Brain Training program, Ali reported subjective improvements in all areas of pre-intensive complaint. What follows are a sampling of Ali's words describing outcomes in several of these areas:

- My heart rate is down significantly and I have fewer palpitations
- I rarely feel unbalanced anymore
- The tingling in my hands and feet is gone
- Brain Training has greatly decreased my widespread pain
- Since leaving APEX I have only had a few minor headaches, and none that have turned into a migraine
- Now I can really engage with my children for long periods of time
- My emotions are on a more even keel
- I can recover from a workout and exercise again the next day
- My immune function is improved
- I expect all of my capabilities to return and even excel beyond what they used to be in light of the new and better lifestyle I've adapted!

Measurable Changes

- **Cognitive Testing:** Increase in her Neurocognition Index of 13%, which is a standardized overall measurement of cognitive performance. Executive function (reasoning) scores were improved by 35%. Increases in various aspects of memory, attention, processing speed and more were as high as 13%.
- **Interactive Metronome** (<https://apexbraincenters.com/brain-training/interactive-metronome/>): 43% improvement in task average with motor timing and 15% improvement in hyper-anticipatory timing tendency with motor tasks (i.e. responding prior to a pre-set reference tone).
- **Computerized Assessment of Postural Stability (CAPS):** 8.2% improvement in balance on an unstable surface with eyes closed; which brought her from a moderate to mild reduction in balance compared to her age and gender matched peers.
- **Videonystagmography (VNG):** Significant improvements in numerous aspects of oculomotor (eye movement) functionality including: gaze holding, slow and fast eye movements, optokinetic responses, and spontaneous/involuntary eye movements.

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It should be noted that due to the overwhelming success of her first program Ali returned for a second intensive Brain Training program in November of 2015. She experienced further objective and subjective benefit and continues to update us on her progress.

Concussion Relief IS Possible

An alarming number of individuals do not seeking care for head injuries. It is important to recognize the symptoms of these debilitating injuries and that something can be done about them. The 'wait and see' approach to concussion and mild traumatic brain injury is no longer acceptable. Early intervention is key! The longer one waits, the more difficult it is to recover and have full engagement with life!

If you or someone you love is experiencing ANY of these symptoms, call APEX now at **828.708.5274**. You may also email us at info@ApexBrainCenters.com for more information, or to set up a free consultation.

4 responses to "Case Study: Young Mother With Multiple Concussions Finds Relief Through Brain Training"

1.  *Cara says:*

December 13, 2015 at 5:49 pm
(<https://apexbraincenters.com/2015/11/16/concussion-relief/#comment-1006>)

Hello,
It sounds like an incredible program that I may benefit from, however, I'm concerned about the cost of the therapies. I've been treated for symptoms left and right but have lacked a thorough evaluation. Is there a section on the website that provides this information? I would do anything for my health to improve but if these treatments are out of reach, then unfortunately for people like me, they are out of reach.
Thank you

o  *Dr. Michael Trayford says:*

December 16, 2015 at 10:40 pm
(<https://apexbraincenters.com/2015/11/16/concussion-relief/#comment-1007>)
Hello Cara:

Please visit this page and watch video that outlines many of our testing procedures and services –
<https://apexbraincenters.com/brain-training/#tools>
(<https://apexbraincenters.com/brain-training/#tools>).

Our history, evaluation and diagnostic testing is beyond thorough – it's amazing that you've had so many treatments without evaluation as the assessment is what drives the treatment programs we offer.

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As everyone has different financial concerns, it would be best for you to call us at 828.708.5274 to discuss treatment and financial options. We do have programs for those with financial challenges.

We hope to hear from you soon.

2.  *Cara says:*

December 13, 2015 at 5:49 pm
(<https://apexbraincenters.com/2015/11/16/concussion-relief/#comment-1002>)

Hello,
It sounds like an incredible program that I may benefit from, however, I'm concerned about the cost of the therapies. I've been treated for symptoms left and right but have lacked a thorough evaluation. Is there a section on the website that provides this information? I would do anything for my health to improve but if these treatments are out of reach, then unfortunately for people like me, they are out of reach.
Thank you

o  *Dr. Michael Trayford says:*

December 16, 2015 at 10:40 pm
(<https://apexbraincenters.com/2015/11/16/concussion-relief/#comment-1003>)

Hello Cara:
Please visit this page and watch video that outlines many of our testing procedures and services –
<https://apexbraincenters.com/brain-training/#tools>
(<https://apexbraincenters.com/brain-training/#tools>).

Our history, evaluation and diagnostic testing is beyond thorough – it's amazing that you've had so many treatments without evaluation as the assessment is what drives the treatment programs we offer.

As everyone has different financial concerns, it would be best for you to call us at 828.708.5274 to discuss treatment and financial options. We do have programs for those with financial challenges.

We hope to hear from you soon.

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Our approach is one of functional neurology. Through the use of state-of-the-art brain mapping, objective neurological testing, intensive research-based brain training methods, and nutritional intervention, we are able to assess and train the brain to perform at peak condition.



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(<https://www.youtube.com/user/ApexBrainCenters>)

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