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Title: Concussion in Sport – an overview for Coaches & Parents

Concussion is a form of mild traumatic brain injury. Recent high-profile incidences of concussion in professional sport have highlighted the need for greater awareness of the issue and better assessment tools to assist this difficult diagnosis, both at the professional level and in local clubs/schools where trained medical personnel are not necessarily available. Concussion symptoms result from neuropathology rather than structural damage. Following a mechanical insult, a complex cascade of metabolic events produces neurotoxicity, nerve cell dysfunction and with repeated exposure, neurodegeneration. Understanding this pathophysiology can help us to understand the acute and post-concussive symptoms. Emerging physiological assessments show promise as aids to the return to play/study/work decision. In this talk Michael will introduce the pathophysiology of concussion with an aim to better understanding how to recognize this mild brain injury and why it is important for a person with suspected concussion to be removed from play. He will also discuss return to play/study.

Short Biography

Michael is a Reader (Professor) in Rehabilitation Neuroscience at the University of East Anglia's Acquired Brain Injury Rehabilitation Alliance. Following a Bachelor of Science at University of British Columbia and Master of Science at Simon Fraser University, Michael received a Ph. D in Biomedical Science and Engineering from the Centre for Sensory-Motor Interaction from the University of Aalborg in Denmark. He has held research appointments at University of Copenhagen in Denmark, University of Birmingham, UK and has worked in the field as an educator and researcher for more than 20 years.

He is conducting research to investigate how neuroplasticity can be harnessed following acquired brain injury and how it can be used to inform evidence-based neurorehabilitation practise. He is also interested in developing better tests for the assessment of sport concussion and mild traumatic brain injury.

On occasion, he can be found on twitter: @drmichaeljgrey