



# Chicago Orthopaedics & SPORTS MEDICINE, S.C.

## COSM Center for Sports Concussion Management

Chicago Orthopaedic and Sports Medicine introduced the COSM Center for Sports Concussion Management in September of 2016. Under the directorship of Aneesh Garg, DO, athletes are evaluated extensively and managed for sports concussions.

Dr. Garg did his concussion training and fellowship at the Andrews Sports Medicine and Orthopaedic Center and American Sports Medicine Institute in Birmingham, Alabama. As one of only a few Credentialed ImPACT Consultants (CIC) in Chicago, Dr. Garg does post-injury ImPACT testing in his clinic under a quiet and controlled environment. His goal is to evaluate, support, and manage sports concussions for recreational and student-athletes from local Chicago leagues, high schools, and colleges.

At the COSM Center for Sports Concussion Management, the athlete will undergo:

- Medical Examination
- Computerized ImPACT Tests
- Vestibular and Ocular Motor Screening (VOMS)
- Sport Concussion Assessment Tool (SCAT) Symptom Testing

After careful interpretation of the information, Dr. Garg individualizes a treatment plan for the athlete which includes:

- Neurocognitive Rest
- Formal Neurocognitive Evaluation (if needed)
- Return-to-Learn Protocol with Stage Progression
- Return-to-Play Protocol with Stage Progression (Sport Specific)
- Vestibular Therapy (if needed)
- Communication with Concussion Management Personnel
  - Athletic Trainers, Coaches, School Nurses/Counselors/Teachers

Dr. Garg and the COSM Center for Sports Concussion Management strives to return the athlete back to play and being active as quickly and safely as possible.

### Orthopaedic Surgery

David R. Guelich, MD  
David A. Hoffman, MD  
Charles W. Mercier, MD  
Ellis K. Nam, MD  
William A. Vitello, MD

### Sports Medicine, Non-Surgical Orthopaedic

Aneesh Garg, DO

### Podiatry

Douglas Diekevers, DPM

### Practice Manager

Franni Huspen

### Physician Assistant

Stacy Pincus, PA-C  
Anthony Lisuzzo, PA-C  
Lindsay Lipos, PA-C

### Practice Locations

- 3000 N. Halsted St., Suite 525  
Chicago, IL 60657
  - 331 W. Surf St., Suite 6400  
Chicago, IL 60657
- P 773-433-3130**  
F 773-433-3127

[www.chiorthosports.com](http://www.chiorthosports.com)