**REPORT**

###### Tuesday, December 20, 2016

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**“Early Physical Activity After Concussion in Kids and Teens”**

**TEASE RUNS: :05**

**Can early exercise help with recovery after concussion in kids and teens? …that’s next.**

**JAMA 4055**

**TRT: 1:27**

**Tuesday, December 20, 2016, 11 AM ET**

**INTRO:**

**After a concussion, many doctors recommend an initial period of rest to help children and teens recover fully. But can early physical activity help decrease persistent post concussive symptoms? A new study in JAMA found that light exercise may be key to better recovery. Laura Berger has more in this week’s JAMA Report.**

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| **B-ROLL:**  **Dr. Zemek examining girl doing concussion exam** | **THOUSANDS OF CHILDREN IN THE U.S. VISIT EMERGENCY DEPARTMENTS AFTER SUFFERING CONCUSSIONS AND ABOUT 1/3 DEVELOP POST CONCUSSIVE SYMPTOMS THAT LAST MORE THAN A MONTH. FOR YEARS, DOCTORS HAVE ADVISED STRICT REST RIGHT AFTER THE INJURY TO HELP AVOID THESE PROLONGED SIDE EFFECTS.** |
| **SOT/FULL**  **Roger Zemek, M.D.-Children’s Hospital of Eastern Ontario**  **Super@: 15**  **Runs:12** | **“Children can present in a whole variety of symptoms following a concussion. Some children may have early physical symptoms such as headache, or feeling like they want to vomit or being dizzy.”** |
| **B-ROLL:**  **Dr. Zemek walking down the hall, working at his desk, on the phone**  **Patient walking outside in snow** | **DR. ROGER ZEMEK FROM THE CHILDREN’S HOSPITAL OF EASTERN ONTARIO AND CO-AUTHORS STUDIED MORE THAN 3 THOUSAND CANADIAN CHILDREN AND TEENS WHO HAD CONCUSSIONS TO SEE IF ADDING PHYSICAL ACTIVITY WITHIN ONE WEEK OF INJURY CAN HELP PREVENT POST-CONCUSSIVE SYMPTOMS.**  **USING A STANDARD QUESTIONNIARE, RESEARCHERS MONITORED THE CHILDREN AND TEENS FROM THE EMERGENCY DEPARTMENT UNTIL 28 DAYS AFTER THEIR INJURY TO SEE HOW WELL THEY RECOVERED AND ALSO TO TRACK THEIR PHYSICAL ACTIVITY.**  **THE RESEARCHERS FOUND THAT THE CHILDREN WHO PARTICIPATED IN LIGHT PHYSICAL ACTIVITY AFTER THEIR CONCUSSION HAD A REDUCED RISK OF HAVING PROLONGED POST-CONCUSSIVE SYMPTOMS.** |
| **SOT/FULL**  **Roger Zemek, M.D.-Children’s Hospital of Eastern Ontario**  **Super@:1:00**  **Runs:16** | **00.31.30 “We really don’t want children to be having another concussion while they’re recovering, but there is likely a strong benefit for having some sort of movement, and early physical activity following concussion such as walking, jogging or stationary bicycle.”** |
| **B-ROLL:**  **Patient walking on trail** | **DR. ZEMEK SAYS MORE RESEARCH NEEDS TO BE DONE TO DETERMINE THE IDEAL TYPE, INTENSITY, AND DURATION OF PHYSICAL ACTIVITY FOLLOWING CONCUSSION.** |
| **B-ROLL: Patient walking outside** | **LAURA BERGER, THE JAMA REPORT** |

**TAG: THE STUDY WAS CONDUCTED FROM AUGUST 2013 TO JUNE 2015.**

**Please see the complete study for additional information, including other authors, author contributions and affiliations, financial disclosures, funding and support, etc.**

**TO CONTACT: Dr. Zemek call Adrienne Vienneau (613) 737-7600**

**ADDITIONAL SOUNDBITES:**

**QUOTE 1 Runs: 21**

**“The next steps in research will be very important as to determine the ideal type, duration, intensity, and ideal timing of when to best re-introduce physical activity following concussion in the safest way possible, but also to promote the best recovery following this very common injury that we see.”**

**QUOTE 2 Runs: 17**

**“We’ve removed the downside of the concept of home jail which is a term which is used sometimes to describe children who are not interacting with their other friends, not getting back to school, not doing physical activity, which we know can have physical and psychological detriments.”**