

TO MEDIA:

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**HEMPFIELD TRACK AND FIELD STATE CHAMPION CLEARING HURDLES
THANKS TO EXCELA HEALTH CONCUSSION SPECIALIST**

GREENSBURG, PA, October 4, 2013 ... A locker room accident early in her high school freshman year caused Lauren Tracy's first concussion. Unfortunately, the Hempfield Lady Spartan track and field athlete had no baseline from which to gauge possible impairment. In fact her parents, Dan and Doreen Tracy, didn't even consider that the symptoms she exhibited after the incident could be attributed to a concussion.

Fortunately, team doctor James Masterson, DO, concussion specialist with Excela Health Orthopedics and Sports Medicine, conducted ImPACT testing following the accident in the event of further injury. That test proved beneficial when the teen caught her toe on a hurdle during practice and sustained a second concussion that sidelined her for the rest of the freshman season.

Persistent headaches, dizziness and extreme fatigue were telltale signs of brain injury. Dr. Masterson recommended balance therapy to help the young woman improve her concentration and focus.

"School work was difficult, particularly biology where we made notes in small spaces during genetic studies," recalled the teen. "Walking, moving my head added to the dizziness."

Recovery was slow but steady for this all-around athlete who has no residual effects of her injuries. The 17-year-old finishes her high school athletic career participating in the 100 and 300 meter hurdles and 4x400 relay as a member of a championship track and field team, clearing hurdles and concussions thanks to her Excela Health doctor.

Excelsa Health offers a robust concussion management program to minimize injury risk and speed recovery. The focus of the program is to educate and assist athletes, parents and coaches in the proper identification and management of concussions. The ImPACT neurocognitive assessment tool, force plate balance technology and comprehensive management services allow Excelsa's specially trained medical staff to guide the recovery of the concussed individuals to achieve a safe return to play.

To make an appointment for a free baseline test, call 724-689-1070. To learn more about concussions and Excelsa Health's Sports Medicine program, visit www.excelsahealth.org.