



British Columbia Community Sport Organizations Expand Concussion Education Programs as Research Supports Active Rehabilitation Approaches

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Vestibular therapy and graded return-to-activity protocols are being integrated into concussion care across BC following provincial investment in head injury education for coaches

VANCOUVER, BC | British Columbia community sport organizations and schools have expanded concussion education programs following provincial investment in head injury awareness. Sport Canada funding has supported training resources for coaches and athletic staff across the province, and clinics such as Physiolab, a Vancouver-based physiotherapy group with a Little Mountain location focused on concussion recovery, have observed growing awareness of active rehabilitation approaches among patients.

Concussion management has shifted measurably over the past decade as research has indicated that concussions may benefit from active rehabilitation approaches rather than prolonged rest alone. Some studies published in the Clinical Journal of Sport Medicine have suggested that structured rehabilitation under professional guidance may be associated with better outcomes for certain concussion patients compared to rest-only protocols. BC schools have adopted standardized return-to-school and return-to-sport guidelines

based on nationally recognized concussion management frameworks.

Despite improved awareness of concussion symptoms, underreporting among recreational athletes remains a concern across community sport. Education campaigns in BC have focused on normalizing symptom reporting and helping coaches recognize common indicators including headache, dizziness, and visual disturbances. The physical rehabilitation services at Physiolab Little Mountain serve patients who experience persistent symptoms beyond the typical recovery window following a head injury.

The physiotherapy center at the Little Mountain location provides vestibular therapy and graded exercise protocols designed for post-concussion patients. The clinic also treats BPPV using the Epley maneuver, which some concussion patients may require for managing positional dizziness. These approaches may help address specific deficits that can persist without active intervention after concussion.

"Concussion management has evolved as the evidence base has grown," said a physiotherapist at Physiolab Little Mountain who works with post-concussion patients. "The approach of resting in a dark room has been supplemented by active rehabilitation including controlled exercise and vestibular therapy. These interventions can address deficits that might otherwise persist and delay return to normal activities."

Little Mountain serves patients across Vancouver who seek structured rehabilitation for post-concussion symptoms. The clinic provides same-week appointments for new patients and accepts ICBC and Worksafe BC claims with direct billing to extended health plans. As awareness of concussion rehabilitation options grows, more patients are seeking physiotherapy-led care rather than waiting for symptoms to resolve on their own. This approach reflects a broader awareness of the importance of professional guidance in maintaining long-term health and wellness for active individuals in the community.

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For more information about Physiolab Little Mountain, contact the company here: Physiolab Little Mountain
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Physiolab Little Mountain

Physiolab Little Mountain provides physio, RMT massage, IMS, acupuncture & Pilates in Vancouver's Cambie corridor. We specialize in concussion recovery, TMJ treatment, pelvic floor issues & sports injuries. We're at 181 E 41st Ave by Queen Elizabeth Park.

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