

# Doc, When Can My Kid Play? So, My Child Had a Concussion: When Will My Child's Brain Return to Normal? When Will I Get My Son/Daughter Back? [Book Review]

---

Donald McDowall

---

**Indexing Terms:** Chiropractic; Concussion; return to play; AK.

Doc, When Can My Kid Play? So, My Child Had a Concussion: When Will My Child's Brain Return to Normal? When Will I Get My Son/Daughter Back?

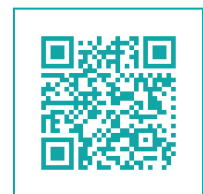
**T**his book is in a medical patient management style. It describes the basis and Applied Kinesiological manual therapy management of concussion injury seen in a chiropractic-focused health care practice. This book is written for athletes, their families, physicians and anyone who has suffered head trauma.

The intended audience includes health academics, clinicians, sports therapists and bodyworkers.

The author earned a BSc in Physiology and Biochemistry at the *University of Toronto* in 1974. In 1978, he received his Doctor of Chiropractic degree at *Canadian Memorial Chiropractic College*, in 1981 he completed Diplomate of the *International College of Applied Kinesiology* and then in 1982 completed Fellowship of the *International Academy of Clinical Acupuncture*.

Mladenoff served as Team doctor of the *Canadian National Canoe Team* for the 1978 and 1979 World Canoeing Championships and he directed the *Canadian National Exhibition Indoor Track and Field Injury Clinic* in 1979 and 1980. He served as the Canadian representative to the *International Academy of Clinical Acupuncture* in 1980. Dr Mladenoff was the doctor for the *Canadian National SkiBob Team*, participating in the 1980 World SkiBob Championships.

Dr Mladenoff's clinical experience is built on a broad patient base that included National Hockey League Referees and teams such as the *Toronto Maple Leafs*, *Hartford Whalers*, *Montreal Canadiens*, *Canadian Downhill Ski Team*, *Canadian Olympic Sailing Team*, *Canadian Olympic Canoe Team*, *Canadian Olympic Track and Field Team*, *National Ballet of Canada*, *Ontario Cycling Team*,



*Queen's City Bicycle Club*, and *Bloor Cycling Club*. In 1984, he moved to the United States. Since 1989, Mladenoff has been a second opinion physician for the NFLPA (*USA National Football League Players Association*).

This hardcover edition begins with discussing the author's influencers and manuscript reviews. The table of contents includes six sections as chapters with topics sourced from clinical encounters, each acknowledging patient management advice from current data. Photographs, Illustrations and tables occupy almost every page. References are identified by name in the text and noted at each chapter's end. Relevant quotations are sprinkled throughout the text.

The author uses a modern journalistic style of topical writing with a grammatically more academic style interspersed with novelesque practical discussions helpful for the novice reader.

*Doc, When Can My Kid Play?* has arrived at the right time in modern clinical concussion care. It updates the evidence for validating Goodheart's original research from the 1960's and the referencing of AK methods that Walther published in the 1970-80's. Now, AK methods are integrated with current rehabilitation trends while consolidating the value of traditional chiropractic methods.

Section one addresses the immediate return to function concern of the patient and carers using well-explained relevant flow charts for expected outcomes with caveats for questions such as '*When can I return to work?*' and '*When can I drive?*' Advice regarding US state concussion laws with a return to learning policy could be extended to an international context, given the serious nature of this topic.

Section two has an ominous title: '*When you shake it, you break it!*' Subtitled: '*When the butterfly dies*'. In this section, the author discusses the trauma of head injury in boxing, football and soccer and argues that there are no blood tests to diagnose concussion. He adds that vestibular ocular motor screening (VOMS) may be the most useful screening tool for determining the recovery of individuals over time.

Section three discusses the author's injury diagnostic summary as '*The Concussionology Matrix*'. Here, he dives deep into cervical spine injury, vestibular injury, pituitary stalk injury, metabolic cascade, and neuro-inflammation. Beginning with an overview of whiplash hyperflexion/hyperextension trauma, the author integrates this influence on the related hormone and metabolic effects that can later manifest, supported by an extensive 124-item citation list.

'*Show me the concussion*' is the title of Section 4 and provides the reader with an overview of the current diagnostics used to categorise this injury. Blood biomarkers, imaging options, and traditional and functional neurological testing are discussed. This section concludes with a series of case reports with patient outcomes.

Section 5, '*You're ok, it's just a bruise*', implies a tribal mentality to minimise the psychological impact of injury on the individual and their team. A literature review of the Symptoms of concussion is discussed, along with how to monitor the individual's return to learning potential. This section ends with a perspective of outcomes the author attributes to concussion beginning an '*automatic genetic destruction sequence*'. He encourages the individual to question their condition with '*what function(s) have been compromised, made worse, or stopped?*' rather than '*What symptoms do I have?*'

Section 6 completes the book with the title: '*Now What?*' This section describes the author's approach to consulting and examining an individual based on the research embedded in his book. His discussion is empathetically focused on creating an understanding of expected optimistic outcomes using applied kinesiology methodology and appropriately guided self-care.

This book ends with an afterwards section that includes the story of a concussed American footballer, Tua Tagovailoa. A resources section for both the patient and health professional ends the book with a short bio of the author.

Hopefully, clinicians will adopt this new information to help diagnose their patients quicker, get them better faster and keep them better longer.

' lists 20 books with the search topic '*Helping Concussion*'. However, this book is unique in providing the current evidence for the logic and application of the essential chiropractic and AK methods. This work provides data that a healthcare provider can use to answer complaints by sceptic societies attempting to denigrate the work of any allied or complementary therapist.

The Amazon price of US\$66.36 hardly reflects the years of work creating this book. Its value far exceeds its cost.

Traditional AK methods were locked into the research, terminology, and style of clinical practice of the 1960s-70s. Dr Mladenoff has expanded the modern relevance of the original observations of the pioneers of Applied Kinesiology.

Add this book to your library or iPad. This book achieves its aim and needs quiet reflection and time to impress its theme on the reader.

### Details

Doc, When Can My Kid Play?

Author: Evan Mladenoff, DC, DIBAK, FASA.

Publisher: Newman Springs Publishing, Red Bank, New Jersey, USA.

Language: English.

ISBN 979-8-89061-180-2 (Paperback), ISBN 979-8-89061-182-6 (Hardcover), ISBN 979-8-89061-1801-9 (Digital). No of Pages: 212, RRP: US\$29.95 (softcover).



Donald McDowall

DC, MAppSc(Musculoskeletal Mgmt), PhD, Diplomate ICAK, FACCS

Adjunct Fellow of the Faculty of Health (SCU)

Private Practice

Canberra, ACT, Australia

[donaldmcdowall@me.com](mailto:donaldmcdowall@me.com)

---

Cite: McDowall D. Doc, When Can My Kid Play? So, My Child Had a Concussion: When Will My Child's Brain Return to Normal? When Will I Get My Son/Daughter Back? [Book Review]. Asia-Pac Chiropr J. 2025;5.4. [apcj.net/Papers-Issue-5-4/#McDowallBRMladenoff](https://apcj.net/Papers-Issue-5-4/#McDowallBRMladenoff)