

New Book “Concussion CPR” Unveils Holistic Breakthrough in Brain Injury Recovery

“Concussion CPR” by Dr. Ken Cooper and co-authors redefines recovery with a science-backed, human-centered approach — available now on Amazon

Concussion CPR

**A Revolutionary Guide to
Healing and Recovery**

**Dr. Ken Cooper
Glen Schnablegger
Scotty Cooper**

Fullerton, California Sep 29, 2025 ([IssueWire.com](https://www.issuewire.com)) - A groundbreaking new book, *Concussion CPR: A Revolutionary Guide to Healing and Recovery*, has officially launched, offering a comprehensive and holistic roadmap to treating concussions and traumatic brain injuries (TBIs). Authored by renowned chiropractor **Dr. Ken Cooper**, alongside **Glen Schnablegger** and **Scotty Cooper**, the book challenges outdated rest-based protocols and delivers an innovative, multidisciplinary solution to one of today's most misunderstood public health issues.

The book introduces the **Concussion CPR Protocol**—a pioneering method that integrates chiropractic care, functional nutrition, cold laser therapy, craniosacral therapy, and emotional support to treat the full spectrum of post-concussion symptoms. Drawing from decades of clinical experience, real-life patient stories, and emerging neuroscience, the book empowers athletes, parents, healthcare professionals, and individuals recovering from TBIs with tangible tools for lasting recovery.

"There is an urgent problem in the current screening and treatment of [concussions](#) and mild traumatic brain injuries," said **Dr. Ken Cooper**, lead author and founder of Cooperstown Chiropractic. "We wrote *Concussion CPR* to bridge the gap between traditional care and what patients truly need—an integrative, science-based approach that treats the whole person, not just the symptoms."

Aimed at athletes, families, coaches, and healthcare professionals, *Concussion CPR* sheds light on the overlooked physical, neurological, and emotional consequences of head trauma. The book also highlights the gut-brain connection and the mental health risks of improperly managed concussions, including post-concussion syndrome (PCS) and chronic traumatic encephalopathy (CTE).

Among the many personal stories featured in the book is the recovery of athlete **Rachel Pau'u**, whose story has been featured in news segments worldwide. Her transformation under Dr. Cooper's care has become a beacon of hope for others navigating the long road of concussion recovery.

Concussion CPR is independently published and available for purchase on Amazon:
<https://www.amazon.com/Concussion-CPR-Revolutionary-Healing-recovery/dp/B0F5MBKWR9>

About the Authors

Dr. Ken Cooper, DC, is a chiropractor with over 30 years of experience in integrative health and neurological rehabilitation. A graduate of the Los Angeles College of Chiropractic and recipient of the Mindlin Scholarship for Clinical Excellence, Dr. Cooper is known for his patient-centered innovation in concussion care.

Glen Schnablegger and **Scotty Cooper** co-authored *Concussion CPR* to support the expansion of holistic, accessible, and effective brain injury recovery.

To learn more, visit: <https://www.cooperstownchiro.com>

ISBN: 979-8319393197

Publisher: Independently published

Genre: Concussion Treatment / Integrative Health



Media Contact

Cooperstown Chiropractic - Scotty Cooper

*****@cooperstownchiro.com

+17145258700

680 Langsdorf Dr #101, Fullerton, CA 92831

Source : Cooperstown Chiropractic

[See on IssueWire](#)