

What is ImPACT testing?

- *Immediate Post-Concussion Assessment and Cognitive Testing*
- *20 minute neuro-cognitive assessment tool*
- *Provides useful information to assist qualified practitioners in return to play decisions*
- *Most scientifically validated computerized concussion evaluation system*

What are the features of the test?

- *Measures verbal and visual memory, processing speed and reaction time*
- *Results are presented as PDF file and can be emailed*
- *Automatically stores baseline data and repeat test data for each individual*
- *Testing can be administered online for individuals or groups*

Why perform baseline ImPACT testing?

- *It is highly recommended that Contact/Collision sport athletes receive a baseline test*
- *Normative data is available but NOT as accurate as a personal baseline test*
- *Baseline tests benefit a child with a learning disability &/or a child who is gifted/talented*

Which athletes are at greatest risk?

- *Sports which involve most head contact—football and ice hockey*
- *Next highest risk sports—gymnastics, cheerleading, soccer, basketball and lacrosse*
- *Unfortunately, concussions can happen any time—could benefit everyone ages 10-59*

At what age is it valid to begin baseline ImPACT testing and does it need to be repeated?

- *Norms have been established for comparison beginning at age 10*
- *Baseline testing should be repeated every 2 years until brain fully developed (age 18)*

What is the evidence supporting the use of ImPACT testing?

- *Extensive literature provided at www.impacttest.com on validity of test*
- *Use of computerized neurocognitive testing **in conjunction with** detailed medical management of symptom clusters leads to safer return to play for concussed athletes*

What is the cost of ImPACT testing through Therasport Physical Therapy?

- *The cost is \$35 for a baseline test*
- *Cost \$35 for ANY post-concussion test OR may be covered under your health insurance*