

Ridgeview Sports Medicine

ImPACT Concussion Testing

Objective Concussion Measurements

Recognizing and managing a mild head injury is extremely challenging. Concussions are difficult to assess without objective measurements. Symptoms can be subtle, and athletes may even mask their symptoms so they can return to play more quickly.

ImPACT, short for Immediate Post-concussion Assessment and Cognitive Testing, is an extensive neurological evaluation developed by doctors at the University of Pittsburgh Medical Center and adopted by a number of professional sports organizations, including Major League Baseball, the National Hockey League and the National Football League.

ImPACT helps in assessing a head injury by offering objective measurements for memory, reaction time and other symptoms.

Baseline Testing

Baseline ImPACT testing is recommended before an athlete starts playing sports. If their ImPACT score following an injury is significantly different from their baseline score, decisions can be made based on these findings. An athlete's post-injury condition can be tracked for safe return to play, thus preventing the cumulative effects of concussions.

ImPACT takes approximately 20 minutes to complete, measuring multiple aspects of cognitive functioning, including:

- Attention span
- Working memory
- Sustained and selective attention time
- Response variability
- Nonverbal problem solving
- Reaction time

ImPACT is the standard tool for athletes of all ages. It is the first, most-widely used and most scientifically validated computerized concussion evaluation system.

The ImPACT test is administered by Ridgeview athletic trainers and results are reviewed by the treating physician. Return to safe participation is determined by results of the ImPACT test along with functional activities performed with the athletic trainer. **This test is a component of our protocol for managing head injuries. The athlete is still required to be without symptoms for at least seven days before return to participation is considered to be safe, regardless of testing measures.**

Pricing

Baseline testing is now available for an introductory price of \$5. Please inquire about the cost for post-injury testing.

To schedule an appointment, call (952) 442-2191, ext. 6075.

For more information, please call Ridgeview Rehab Specialties in Waconia at (952) 442-7850.



www.ridgeviewmedical.org/rehab