

Frequently Asked Questions about Concussion's and ImPACT Testing

What is a concussion?

A concussion is a type of traumatic brain injury caused by a bump, blow or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. A concussion can occur even without the loss of consciousness and those injuries that may seem to be mild (aka a “ding,” “bell ringer”) can result in serious injury.

What do I do if my child has a concussion or a possible concussion?

Remove the athlete from play. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions.

What defines a healthcare professional experienced in dealing with concussion?

A sports medicine specialist who has received experience during their training in evaluating, managing and returning athletes back to play after a head/neck injury.

What are the most common symptoms of a concussion?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. The most common symptoms that athletes experience include but are not limited to:

- Headache
- Nausea
- Vomiting
- Balance Problems
- Dizziness
- Fatigue
- Trouble Falling Asleep
- Sleeping More Than Usual
- Sleeping Less Than Usual
- Drowsiness
- Sensitivity to Light
- Sensitivity to Noise
- Irritability
- Sadness
- Nervousness
- Feeling More Emotional
- Numbness or Tingling
- Feeling Slowed Down
- Feeling Mentally “Foggy”
- Difficulty Concentrating
- Difficulty Remembering
- Visual Problems

Why should an athlete report their symptoms?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

What do I do if the injury occurs on an evening or weekend?

For moderate to severe head injuries, you should go to the nearest hospital emergency department for further evaluation and treatment. For mild concussions, you can go to the Urgent Care Center near you for evaluation and on site testing.

What is ImPACT testing?

Along with the signs and symptoms mentioned above, many athletes experience cognitive brain function deficits such as memory loss, difficulty concentration and decreased reaction time as a result of a concussion. ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the first, most-widely used, and most scientifically validated computerized concussion evaluation system used to evaluate the deficits that result from concussion.

How does ImPACT help my healthcare provider in managing concussion?

Using ImPACT as part of concussion evaluation, can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play. In fact, neurocognitive testing has recently been called the "cornerstone" of proper concussion management by an international panel of sports medicine experts.

When should an athlete start getting a baseline?

Athletes should perform baseline testing prior to the start of their athletic sports season. At this time, the youngest age is 10 yrs. old. A test for younger children is being developed and studied currently. Once it is available, we will offer it as well. Stay tuned!

How often should an athlete have a baseline?

Every TWO years starting at age ten.

What happens if an athlete suffers a concussion and has not had a baseline?

There is still value in getting an ImPACT test even if a baseline has not been done. The athlete results will be compared to age-matched controls (people of the same age who have taken the test) and treatment can be determined accordingly.

How much does a baseline test cost?

This test is not yet covered by insurance, so it costs a flat fee of \$20.

How much does a post-concussive test cost?

The post-concussive test is currently \$30.

How long does the test take?

The whole process of getting set up with the computer and taking the test usually takes approximately 30 minutes.

How many patients can be tested at one time?

Ideally, patients should be tested in a private, quiet room to allow for no distractions and optimal performance. At PINnacle/Body Rejuvenation, 2 rooms are available to take the test.

What should I do with the results?

The results are stored online in a secure location within the ImPACT website. They can be retrieved at any time in the event of a concussion. Our staff will send the results to anyone involved in follow-up care. If you would like a copy of the test results, you may request one for your records.

How many times can an athlete take the post-concussive test during recovery?

A variable number of times. Any particular athlete will have a specific return to play protocol that may require one or more follow-up ImPACT tests to guide recovery. Generally, doing an ImPACT more than once per week during recovery is not recommended. Your doctor will be able to advise you in greater detail about your particular plan of care.

How can I get more information about concussion management at Body Rejuvenation?

For general information, to schedule an ImPACT test and/or to schedule an appointment call/email

Schedule Your ImPACT Test [HERE](#):

<http://www.scheduleyou.in/gIHeRwR>

Dr.Josh McLain, PT

Cell: 612-460-8399

Email: JMcLain@bodyrejuv.com



**“IT’S BETTER TO MISS ONE GAME
THAN THE WHOLE SEASON”**

BODY REJUVENATION

For more information about concussion visit <http://www.cdc.gov/headsup/parents/index.html>