

Dear Parent/Guardian,

In order to better manage concussions sustained by athletes in our community, we have acquired a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to successfully diagnose and manage concussions. If an athlete is believed to have suffered a concussion during competition, ImPACT is used to help determine the severity of injury and when the injury has fully healed.

ImPACT is a computerized test that measures and records your child's verbal and visual memory, processing speed and reaction time. It is not an IQ test or a test of intelligence. The computerized exam is given to athletes before beginning contact sport practice or competition. This non-invasive test is set up in "video-game" type format and takes about 15-20 minutes to complete. It is simple, and actually many athletes enjoy the challenge of taking the test. Essentially, the ImPACT test is a preseason physical for the brain.

The test will be used as an indication of your child's cognitive skills prior to a possible concussion (or brain injury). If an injury occurs, these results are used as a guideline for cognitive improvement during the recovery period. If a concussion is suspected, the athlete will be required to re-take the test to compare to their original baseline test. Both the preseason and post-injury test data is available in the ImPACT database for future reference. The information gathered can be shared with your family doctor. The test data will enable these health professionals to determine when return-to-play is appropriate and safe for the injured athlete. A copy of the test and reference number will be given to you to keep as part of the athlete's medical record.

Again, the ImPACT testing procedures are non-invasive, and they pose no risks to your student-athlete. We are excited to offer this testing to our community given that it provides us the best available information for managing concussions and ensuring safe return to play. Please return the attached page with the appropriate signatures. In addition, please complete the pre-test worksheet and bring it with you at the time of testing. If you have any further questions regarding this program please feel free to contact us at 503-29-SPORT and we will connect you with one of our athletic trainers for testing.

Sincerely,

Providence Sports Therapy Team