

ImPACT Baseline Concussion Testing

In keeping with the mission of The Hun School to keep our athletes safe and healthy, The Athletic Department has incorporated the ImPACT baseline concussion testing on **all of our athletes** who participate in sports. ImPACT is a sophisticated research based software tool developed to assist the sports medicine profession to evaluate athletes' recovery following a concussion. The computerized program also facilitates the tracking of the injury from the field through the recovery process based on their individual baseline score.

A concussion is a common injury in contact sports and often is a difficult condition to measure the severity of. The ImPACT software package provides us with the objective information necessary for concussion management and return to play decisions. This type of evaluation is sensitive to even subtle changes in brain function that a neurological exam, MRI, and CT scan, cannot measure.

The baseline test evaluates and documents multiple aspects of neurocognitive functioning including memory, brain processing speed and reaction time. Athletes will take the baseline test in the computer lab at an assigned date and time. It will take approximately 45 minutes for them to complete the evaluation. This can also be taken from home.

For detailed information, log onto: www.impacttest.com.

If an athlete is suspected of having a concussion...

If an athlete is suspected of having a concussion, he or she will be removed from participation and evaluated using our current concussion protocol, in addition to ImPACT's sideline assessment and on-field cognitive testing. If an athlete did indeed sustain a concussion, and are experiencing symptoms, they should follow-up with a physician. The ImPACT test will be administered to the athlete once symptom free post injury and will be compared to their individual baseline scores. Together with the ImPact post-concussion scores, and a physician's evaluation and clearance documentation, (preferably a neuropsychologist who can accurately interpret the scores) the athlete will progress back to full activity following a six-step progression.