



## Stay Ahead of Brain Injuries

### Computerized Concussion Evaluation with ImPACT

#### What is ImPACT?

- ImPACT = **I**mmEDIATE **P**ost-concussion **A**ssessment and **C**ognitive **T**esting
- Allows doctors to measure the severity and effects of a concussion
- Helps determine when it is safe to return to sports or activity after a concussion
- Developed by doctors at the UPMC Sports Medicine Concussion Program

#### How does ImPACT work?

- A 20-minute, computerized pre-season or pre-activity ImPACT test provides a baseline that is stored in a computer file
- Test measures brain processing speed, memory and visual motor skills
- If a concussion occurs, ImPACT testing is repeated several times in the following days
- Post-concussion data are compared to baseline data to help determine when brain function has returned to normal and it is safe to return to sports or activity

#### Who can take the ImPACT test?

- Individuals age 10 and over
- Athletes and non-athletes; for example: hockey players, football players, soccer players, baseball players, skiers, snowboarders, skateboarders, cyclists, cheerleaders, lacrosse players and recreational baseball and softball players

#### What is a concussion?

- Any alteration of mental status due to sudden and violent rocking of the brain inside of the skull caused by a traumatic blow to the head or upper body
- Occurs in about 10% of all athletes in contact sports
- Symptoms last various lengths of time and may include amnesia, disorientation, confusion, foginess, headache, blurred vision, nausea, fatigue and sometimes loss of consciousness
- **Most people can recover completely as long as they do not return to exertion or contact play too soon**

#### How can my child get tested?

- Call KidsPlus 412-521-6511 (Squirrel Hill) or 412-466-5004 (Pleasant Hills) for an appointment
- This baseline test costs \$35, payable at the time of the visit
- You will get results within a week of the test