

## AthletiCare Concussion Protocol

### *Step 1:*

#### Pre-season Baseline Testing with ImPACT

### *Step 2:*

#### Sideline Evaluation

- Upon injury the athletic trainer will screen the athlete for a head injury and remove them from competition if needed.

### *Step 3:*

#### Post-Concussion Testing with ImPACT

- All athletes suspected to have a head injury will be evaluated by a physician.
- A post-concussion test will be administered to track the athlete's recovery.
- The athlete and guardian(s) will receive educational information about concussion and head injury management.

### *Step 4:*

#### Return-to-Play Decision Support

- ImPACT scores in conjunction with a physician evaluation will determine return-to-play decision.
- ImPACT scores and physiological symptoms must return to normal in order to be released back to sports.

Your insurance will be billed for the administration and reading of this test. Any charges not covered by insurance are the responsibility of the parent/guardian.

# ImPACT

Head Injury Management



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## Facts

- About 10 percent of all student athletes in contact sports suffer a concussion during their season.
- Recovery may take days or weeks, with individuals often experiencing dizziness, headaches, double vision, memory problems, irritability and depression.
- Premature return to play following a concussion can lead to potentially serious consequences. (Secondary Impact Syndrome, death)
- Proper management of the injury is the first step in avoiding long-term complications.

## What is ImPACT?

ImPACT is a sophisticated, research-based computer test developed to help clinicians evaluate an athlete's recovery following a head injury. It is a 20-minute neurocognitive test that has been scientifically validated to measure the effects of sports related concussion.

In the preseason, each athlete is given a baseline test. When a head injury is suspected during the season, a follow-up test is done to see if the results have changed from the baseline. The comparison helps to diagnose and manage the injury. Follow-up tests can be administered over days or weeks so clinicians can continue to track the athlete's recovery.

## Why use ImPACT?

While traditional neurological and radiological procedures such as CT and MRI are helpful in identifying serious brain injuries (e.g., skull fractures, hematomas), they are ineffective at identifying the functional effects of concussion. Consequently, clinicians must often rely on subjective observations or patient self-reports to diagnose and track a concussion. This is where ImPACT can help.

ImPACT can help answer difficult questions about an athlete's readiness to return to play, protecting them from the potentially serious consequences of returning too soon.

Conducting baseline and post injury neurocognitive testing using ImPACT helps to objectively evaluate an athlete's cognitive status to prevent the cumulative effects of a head injury. When baseline data are unavailable, ImPACT has a normative database of thousands of non-injured athletes, which can be used for effective evaluations and comparisons.

## Who is behind ImPACT?

In 1995, the ImPACT team pioneered computer-based neurocognitive testing. ImPACT was founded in 2002.

The ImPACT Team members are professionals and world leaders in the field of head injury management. They are committed to the ongoing development of advanced concussion management tools and are dedicated to the scientific study of sports-related concussion and the clinical application of this knowledge throughout professional and amateur sports.

## Who uses ImPACT?

- National Football League
- Major League Baseball
- Major/Minor League Baseball Umpires
- National Hockey League
- USA Olympic Hockey
- Major League Soccer
- US Soccer Federation
- USA Rugby
- US Lacrosse
- USA Ski Team
- US Military Academy
- US Air Force Academy
- US Army
- US Navy
- 450+ Clinical Centers
- 125+ Credentialed ImPACT Consultants
- 500+ Colleges and Universities
- 1,500+ High Schools

