

Humboldt Youth Sports Concussion Management

Concussion Testing:

- ❖ The Immediate Post-concussion Assessment and Cognitive Test (ImPACT) is the “standard of care” for neurocognitive testing and sport concussion management.
- ❖ The ImPACT test is given during preseason with all athletes so that an individual normal or baseline level of performance can be used to assess their injury later on.
- ❖ Athletes with a suspected concussion will be re-tested within 1-2 days of their injury and again at 5-7 days. Testing will continue until athletes are symptom free and back to their baseline scores. A return to play plan will be discussed for each athlete.

Pricing:

- ❖ \$25 per athlete for account set up and baseline testing
- ❖ \$25 per athlete for follow-up testing after a concussion (includes all necessary post-injury consultations and testing)

Concussion Facts:

- ❖ 3-6 million sport-related concussions occur each year in the US.
- ❖ Youth athletes are at a greater risk and take longer to recover from concussion than college and pro athletes.
- ❖ Only 5-8% of concussions result in loss of consciousness.
- ❖ An athlete who has had a concussion should NEVER return to play in the same game/practice.
- ❖ Recognition, neurocognitive testing, and good on-field management are the keys to a safe recovery from concussion.



For more information or to get your child tested, please contact
Beth Larson at
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North Coast Sport Concussion Program in the
Health and Human Performance Institute at



HUMBOLDT STATE UNIVERSITY

What is ImPACT?

ImPACT is a sophisticated, research-based computer test developed to help clinicians evaluate an athlete's recovery following concussion. ImPACT is a 20-minute neurocognitive test battery that has been scientifically validated to measure the effects of sports related concussion. In the preseason, each athlete is given a baseline test. And, when a concussion is suspected, during the season, a follow-up test is administered to see if the results have changed from the baseline. This comparison helps to diagnose and manage the concussion. Follow-up tests can be administered over days or weeks so clinicians can continue to track the athlete's recovery from the injury.

Why use ImPACT?

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. 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.

Conducting baseline and post-injury neurocognitive testing using ImPACT helps to objectively evaluate an athlete's cognitive status to prevent the cumulative effects of concussion. And 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. Mark Lovell, PhD, ABPN, Joseph Maroon, MD, and Michael Collins, PhD, founded ImPACT in 2002. These professionals are world leaders in the field of concussion management and are committed to the ongoing development of advanced concussion management tools. ImPACT team members have dedicated the past 15 years to the scientific study of sports-related concussion and the clinical application of this knowledge throughout professional and amateur sports.

- 28 NFL Teams
- Ontario/Western Hockey Leagues
- Swedish Soccer
- 18 MLB Teams
- Major/Minor League Baseball Umpires
- South African Rugby
- Major League Soccer
- New Zealand Rugby
- Professional Hockey
- NFL Europa
- US Soccer Federation
- US Lacrosse
- US Army
- US Navy
- US Military Academy
- US Air Force Academy
- USA Rugby
- Cirque du Soleil
- USA Olympic Hockey
- USA Hockey
- USA Ski Team
- 250+ Clinical Centers
- 300+ Colleges and Universities
- 1,000+ High Schools

- FACT:** A concussion is a brain injury that frequently involves physical as well as cognitive symptoms.
- FACT:** About 10% of all student athletes in contact sports suffer a concussion during their season.
- FACT:** Recovery may take days or weeks, with individuals often experiencing dizziness, headaches, double vision, memory problems, irritability and depression.
- FACT:** Premature return to play following a concussion can lead to potentially serious consequences.
- FACT:** Proper management of the injury is the first step in avoiding long-term complications.



ImPACT™
The Best Approach to Concussion Management

www.impacttest.com
Toll Free: (877) 646-7991



To find an ImPACT clinician in your area, go to:
www.impacttest.com



Concussion is a common injury, but is often difficult to diagnose and treat. ImPACT provides clinicians with invaluable information that can help take the guesswork out of **concussion management** and promote **safe return-to-play** decisions for athletes.



You wouldn't let him play football without wearing a helmet... why would you let him return to play without using ImPACT?

www.impacttest.com

ImPACT is a computerized program that evaluates and documents multiple aspects of neurocognitive functioning, including verbal and visual memory, attention span, brain processing speed, reaction time, and post-concussive symptoms. The user-friendly injury documentation system enables clinicians to track the injury from the field and through the recovery process.

Get Started Today...

STEP 1: Concussion Management Education

Work with your Athletes, Coaches, Parents, Athletic Trainers, Athletic Directors, Clinicians, Doctors, Nurses, etc.

STEP 2: Pre-season Baseline Testing with ImPACT

Have your athletes take the ImPACT Test to establish their baseline.

STEP 3: Sideline Evaluation

Use our standard sideline test to screen for a concussion and remove your athlete from competition, if needed.

STEP 4: Post-Concussion Testing with ImPACT

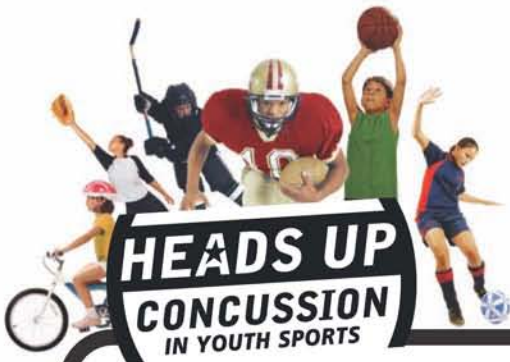
Repeat computerized testing in the days following the concussion to track your athlete's recovery.

STEP 5: Return-to-play Decision Support

Feel confident in your decisions. ImPACT provides clinicians with a state-of-the-art, medically-based program with clear guidelines to support timely and safe return-to-play.

ImPACT has proven to be an absolutely indispensable tool at our school. The more complete information obtained through ImPACT means I never have to second guess if I'm being too aggressive or conservative in returning athletes to play.

**Cliff Ashley, LATC, Former Head Athletic Trainer,
Berkshire School, Sheffield, MA**



HEADS UP CONCUSSION IN YOUTH SPORTS

A Fact Sheet for PARENTS

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see 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. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

- 1. Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- 2. Keep your child out of play.** Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- 3. Tell your child’s coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It’s better to miss one game than the whole season.