CONCUSSION MANAGEMENT >>>

ONLINE IMPACT™ BASELINE TESTING

Concussions, or mild traumatic brain injuries, are a common head injury in sports resulting from a blow or bump to the head. Early recognition and appropriate treatment of concussions are vital for recovery, prevention of future concussions, and safe return to playing your chosen sport.

St.Vincent recommends all contact sports teams adopt a concussion management program that will allow its athletes to take a baseline test to measure their neurocognitive functioning. Then, after a concussion, the test can be retaken to monitor the healing process.

The experts at St.Vincent Sports Performance are dedicated to providing the most current, evidence-based diagnosis and treatment of concussions through a multi-disciplinary medical team. Our experts include Primary Care Sports Medicine Physicians, Certified Athletic Trainers, Neuropsychologists and highly qualified consultants in Neurosurgery and Neurology.

TAKING THE BASELINE TEST

ImPACT™ is a sophisticated, research-based computer test developed to help clinicians evaluate recovery following concussion. ImPACT™ is a 25 to 30 minute test battery that can be administered in the pre-season for a baseline and post-injury to track a concussion. ImPACT™ promotes an athlete's full recovery from injury and assists our physicians in making a safe return-to-play decision and reducing the chance of follow-up concussions.

ST.VINCENT OFFERS IMPACT™ BASELINE TESTING ONLINE

Visit **impact.stvincent.org** and click on "Testing." The test will will take approximately 25 to 30 minutes to complete and you will be required to submit a nominal administrative fee prior to taking the test.

FOR MORE INFORMATION

Contact St.Vincent Sports Performance Primary Care Physicians at **(317) 338-7760 or visit impact.stvincent.org**.

St.Vincent Sports Performance

DEFINING SPORTS PERFORMANCE >>>