

ImPACT Testing:

The Best Approach to Concussion Management

Did you know?

Research shows:

- ▶ When high school athletes suffer concussions, as many as 40.5% return to action prematurely and set themselves up for more severe injuries.
- ▶ Concussions count for almost 1 in 10 sports injuries.
- ▶ For young people ages 15-24, sports are second only to motor vehicle accidents as the leading cause of brain injury.

What is ImPACT?

Meriter Pediatrics is now proud to offer ImPACT testing to student athletes in our community. ImPACT (Immediate Post-Concussion Assessment and Cognitive Test) is a user-friendly, online computer-based neurocognitive testing program that helps determine concussion severity, as well as if and when it is safe for an athlete to return to sports.

ImPACT is the most widely used computer-based testing program in the world and is currently being used with many high school, collegiate and professional athletes, including the UW Badgers, Green Bay Packers and Milwaukee Brewers.

The program measures multiple aspects of cognitive functioning in athletes, including:

- Attention span
- Working memory
- Sustained and selective attention time
- Response variability
- Non-verbal problem solving
- Reaction time

Prior to injury, athletes are asked to take a baseline test. In the event of a concussion, the athlete is retested and the results are compared to their original readings. This information is then used in conjunction with a full neurological exam to determine if and when an athlete can safely return to play.

Meriter ImPACT Baseline Test Appointments:

Appointments will be available in August. Cost of the baseline test is \$20, which takes about 20 minutes to complete.

Testing will take place at:
 Meriter Middleton Pediatrics
 2275 Deming Way, Middleton
 608.417.8388