Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT) is a research-based computer test that helps determine an athlete’s recovery process after sustaining a concussion. ImPACT evaluates various aspects of neurocognitive functioning, such as verbal and visual memory, attention span, brain processing speed, reaction time, and post-concussive symptoms.

MRI and CT tests are effective in determining serious brain injuries such as skull fractures and hematomas, but they do not identify the functional effects of a concussion. ImPACT testing is another step to ensure all athletes are fully recovered from a concussion before returning to activity therefore further preventing Second Impact Syndrome.

Beginning in the fall of 2010 all athletes participating in contact sports at Air Academy High School must complete baseline testing prior to the start of the season. Once an athlete has completed the baseline test they do not need to take it again during their time at Air Academy. All athletes will be assigned a time slot to meet with the athletic trainer in the computer lab to complete testing. Testing takes approximately 30 minutes to complete.

Baseline testing allows the athletic trainer and future medical personnel to know what “normal” neurocognitive functioning is for each athlete. This information will not be shared with anyone other than the athletic trainer and the athlete’s treating physician for a concussion.

The only time an athlete will need to complete follow-up testing is after they have sustained a concussion. Follow-up testing can be performed no earlier than 3 days after sustaining a concussion. Athletes MUST meet their baseline test results PRIOR to resuming ANY athletic activity!
Athletes may take their follow-up test in the computer lab at Air Academy with the athletic trainer or with their family physician. If athletes choose to take their follow-up test with their family physician they **MUST** bring a copy of the test results to the athletic trainer **PRIOR** to resuming activity!

Recovery from a concussion can take days or weeks. No two concussions are alike and no two people experience the same symptoms from a concussion.

### Who Else Uses ImPACT?

- 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

### More Information:

For more information regarding ImPACT testing visit [www.impacttest.com](http://www.impacttest.com)