

# ImPACT<sup>®</sup>

## *for evaluation of Sports-Related Head Injury and Concussion*

### **What is the ImPACT test?**

ImPACT is a computerized neuropsychological evaluation. It provides the physician with information about an athlete's brain function following a head injury. The ImPACT software package uses a battery of tests to assess the following cognitive functions: Attention Span, Reaction Time, Visual Memory, Working Memory, Response Variability, Verbal Memory, Sustained Attention, Selective Attention and Non-verbal Problem Solving. In an athlete diagnosed with a concussion, one or more of these cognitive functions is impaired.

### **How does ImPACT help with management of head injury?**

ImPACT helps the physician assess the severity of injury and also serves as a tool for evaluating recovery. The physician uses the information obtained from the ImPACT test in conjunction with the history and physical examination to assess the brain's recovery status after a sports-related head injury. This helps to determine when it is safe for an athlete to return to sports after a head injury.

### **When should ImPACT be given following a head injury?**

A sports medicine physician can best determine the ideal timing for an ImPACT test based on the athlete's symptoms. It is generally performed within one week of the head injury and then repeated periodically as necessary to track recovery. .

### **What is a baseline ImPACT test and why is it important?**

A baseline test is given before the sports season, or anytime the athlete is not experiencing symptoms of a head injury. The baseline test measures the same neuropsychological parameters as the ImPACT test that is given after a head injury. A baseline test is extremely helpful as it allows the physician to compare the athlete's cognitive function before and after injury.

### **What if the athlete does not have a baseline test?**

ImPACT performance following a concussion can be compared to large a normative database to assist in determination of recovery.

### **How do I schedule an ImPACT test?**

Call 1.800.KIDS DOC or 773.327.1270 to schedule an appointment with the Institute for Sports Medicine for an ImPACT test. Baseline tests for a group or athletic team can be arranged to take place at the team's school or sports facility by contacting the Institute for Sports Medicine.

### **How long does it take?**

Baseline testing takes about 25 minutes. Post-concussion testing takes about 30 minutes. Additional time is required after the post-injury test for the physician to perform a physical examination.

### **Is ImPACT covered by health insurance?**

ImPACT is a neuropsychological test instrument which is recognized by most insurance companies who are willing to reimburse for consultations. Baseline testing is typically not covered by insurance. The charge for a baseline test is \$35.



The Institute for Sports Medicine is comprised of a team of specialists with expertise in the treatment and prevention of the sports-related injuries and medical conditions unique to children and adolescents.