



## **Information for Parents**

### **What is ImPACT®?**

ImPACT® (Immediate Post-Concussion Assessment and Cognitive Testing) is the first, most-widely used, and most scientifically validated computerized concussion evaluation system. ImPACT was developed in the 1990s to provide useful information to assist qualified practitioners in making sound return to play decisions following concussions.

### **Why use ImPACT?**

Given the inherent complexities of concussion management, it is important to manage concussions on an individualized basis and to implement baseline testing and/or post-injury neurocognitive testing whenever possible. Neurocognitive assessment can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion. In fact, neurocognitive testing has been called the "cornerstone" of proper concussion management by an international panel of sports medicine experts.

### **Who is currently using ImPACT?**

Some of the individuals using ImPACT include all of MLB, NHL, NFL and WWE. Over 7400 high schools, 1,300 colleges and universities, 1,200 clinical centers, 225 professional teams, select military units, Cirque du Soleil, New Zealand and South African rugby teams also use ImPACT.

### **What does the ImPACT test look like?**

To view a demo of the ImPACT test please visit their website at, <http://www.impacttestonline.com/impacttestdemo/>

### **ImPACT is NOT**

ImPACT is not: A diagnostic test. ImPACT is one tool that can be used by medical professionals to help measure an individual's recovery from a concussion

ImPACT is not: A one step solution to concussions

ImPACT is not: A preventative tool; nothing can prevent concussions

ImPACT is not: A substitute for medical treatment or management

ImPACT is not: A replacement for a cat scan, MRI or other medical technology

ImPACT is not: A home-based test. ImPACT should always be administered in the presence of a trained supervisor

### **Where can I go to learn more about the ImPACT Test?**

Please visit ImPACT's website, [www.impacttest.com](http://www.impacttest.com).