Immediate post-concussion assessment and cognitive testing

The likelihood of concussion in a contact sport is estimated to be as high as 19 percent per season. While most athletes recover, a disturbing number of athletes experience post-concussion syndrome and a host of chronic cognitive and neurobehavioral problems, including headache, fatigue, sleep difficulties, dizziness, personality changes, deficits in short-term memory, problem-solving and academic functioning.

While proper concussion diagnosis and management is critical to an athlete’s health, several factors make this difficult:

- Symptoms can vary or go unnoticed due to subtlety
- Because a concussion is a metabolic rather than structural injury, it does not appear on a CT or EEG
- Athletes often minimize or deny symptoms, so they can return to play

We take the guesswork out of concussion management

Summa Health Sports Medicine now offers ImPACT®, a concussion management instrument recognized by an international panel of sports medicine experts. Designed on a decade’s worth of university research, ImPACT® is the most widely used program of its kind in high school, collegiate and professional sports. impacctest.com

Goal of the program

To provide a baseline test for all contact sport athletes. This test provides a snapshot of the athlete’s reaction time, attention, verbal and visual memory, and processing speed. In the event an athlete sustains a concussion during his or her season, he or she can be post-tested providing more objective data regarding his or her readiness to return to play. It allows objective evaluation of an athlete’s cognitive status to prevent the cumulative effects of a concussion.

When

Scheduled PRIOR to the start of their season; minimum of one time during their high school career (good for all the sports that they participate in). Ideally during their freshman and junior years

Where

Your school’s computer lab. (Requires Internet access with Flash Player 9 or above and one computer between each athlete during the test.)

When

$10 per student; checks made payable to Summa Health System

Summa Health Sports Medicine can provide individual or team testing. Call 330.835.5533 to schedule pretesting or for more information. Our sports medicine physicians are trained in concussion interpretation and management.

Call 330.835.5533 to make an appointment or visit summahhealth.org/sportsmedicine for more information.