

Baseline concussion testing is completed through a computerized test measuring cognitive functioning, such as attention, verbal and visual learning and memory, processing speed and reaction time. It also gathers essential medical history. Ideally, baseline testing is completed prior to the start of a sport season or before a concussion occurs to allow post-injury test results can be compared to baseline.

The TRIA Sport Concussion Program utilizes ImpACT applications for both baseline and post-injury assessments. ImpACT can assess children and adults, ages 5-59 years of age. ImpACT baseline testing usually takes less than 30 minutes.

ImpACT stands for Immediate Post-Concussion Assessment and Cognitive Testing. It is the most widely used and scientifically validated computerized neurocognitive test battery used as a concussion management tool.

## What ImpACT Is and Isn't:



**IS** a useful and reliable/valid concussion management program.



**IS** a tool to help determine recovery from injury.



**IS** a tool to help manage concussion (e.g. return to exertion, return to academics, return to play).



**IS** a tool to help communicate post-concussion status to coaches, parents, clinicians.



**IS NOT** a substitute for medical evaluation / treatment

Baseline and post-injury tests should always be administered and interpreted by healthcare providers trained in the use of the test and concussion management. TRIA recommends baseline testing for all athletes, every 1-2 years depending on age.

For more information visit our website [tria.com](http://tria.com) or contact us at 952-977-0467 to schedule your baseline testing today.