



TRIA is a proud partner with **Minnesota Hockey**. Historically, we have offered free baseline ImPACT testing and concussion education on site at TRIA Rink during the Tier 1 TRIA Training Camp. Due to ongoing COVID-19 concerns at this time, we've made the decision, to not offer baseline testing on site during camp this year. Instead, TRIA is offering a free baseline test at a TRIA clinic for the participants of the camp. This offer will be valid through December 2021. **To schedule, call the TRIA Sport Concussion line (952-977-0467)**. When scheduling, simply state that your child attended the **2021 Tier 1 TRIA Training Camp, August 6-8**.

What is a baseline test?

A baseline ImPACT test is a neurocognitive assessment, administered on a computer that measures an individual's abilities in verbal and visual memory, processing speed, impulse control and reaction time, all of which are common cognitive difficulties which may be experienced during a concussion. After a concussion occurs, the athlete takes a similar test and the results are compared to their preinjury data to identify any changes.

Why is having a baseline test helpful?

Everyone's brain processes information differently. Having baseline information helps qualified healthcare providers understand how a concussion specifically affects an individual after the injury occurs. Comparing baseline data to post-injury data, along with a thorough exam, assists in tailoring a treatment plan specific to an individual. If no baseline data is available, an individual is compared to normative data, which may not accurately reflect an individual's specific abilities. Having a baseline provides invaluable information if a concussion occurs.

How do I access the baseline test results?

At the time of the baseline test, you can request your child's unique ImPACT passport ID (12 digit letter combination). If your child is injured in the future, requiring an evaluation for concussion, and you choose to bring them to see a specialist in the TRIA Sport Concussion Program our team would have the access to compare their baseline to post-injury test data. If you choose to take your child to a medical provider outside of the TRIA system the passport ID will allow them to access your child's baseline results at their medical appointment. If the outside medical personnel do not have knowledge of ImPACT passport ID access, that is an indication they do not meet the requirements to administer and interpret the tests as determined by ImPACT Applications for concussion management. Baseline and post-injury tests should always be administered and interpreted by healthcare providers trained in the use of the test and current concussion management protocols.

About the TRIA Sport Concussion Program

At TRIA, we are committed to the comprehensive care of all athletic injuries, including sport related concussions. The TRIA Sport Concussion Program is the only multi-disciplinary concussion program specializing specifically in return to sport and physical activity in the region. Our team of specialists are committed to providing the best concussion care based on the latest scientific research and evidence. The collaboration of physicians, neuropsychologists, athletic trainers and physical therapists all in one location, working together to develop individualized and active treatment plans for each athlete is one of the many unique aspects of the program. We understand that no two concussions are alike. Our goal is to return athletes back to their academic, social and physical activities safely and as soon as possible. We provide necessary and timely access for these patients understanding the impact this injury has on their quality of life.

For more information or to speak with a TRIA athletic trainer regarding the TRIA sport concussion program, please call 952-977-0467 or visit tria.com/sport-concussion