

HEADS x UP

CONCUSSION IN SPORTS



A FACT SHEET FOR **ATHLETES**

Preparing to take the ImPACT Test

www.impacttest.com

ImPACT testing is a computerized program that evaluates and documents specific aspects of cognitive function including verbal and visual memory, processing speed, and reaction time. The athlete is also asked to report and rate severity of post concussive symptoms.

ImPACT testing typically takes between 45 to 60 minutes to complete.

Before taking the test, be sure the athlete is:

- well rested,
- well hydrated
- as comfortable and alert as possible
- has used the restroom facilities

The test should be administered in a quiet environment with no distractions such as noise, or interruptions to ensure best performance.

If you have any questions, please feel free to contact one of our Certified ImPact Consultants at 717-851-5503. If your athlete has a learning disability, ADD, ADHD, is on medication(s) or has other education related problem(s), please call to determine the best way to take this test.

Resource for athletes

WellSpan Neurology

Certified IMPACT Consultants

Todd Barron, M.D., *Pediatric Neurologist*

Jena Khera, M.D., *Pediatric Neurologist*

Sarah Hunt, CRNP

370 St. Charles Way

York, PA 17402

717-851-5503