

ImPACT Concussion Baseline Testing Letter

Dear Parent/Guardian,

The Midwest Orthopedic Sports Medicine (MOSM) has added another tool for concussion management that is available for Martin Luther athletes. The program is called ImPACT™ (Immediate Post Concussion Assessment and Cognitive Testing) that involves taking an online, computerized baseline exam prior to the athletic season. Developed by the University of Pittsburgh Medical Center's Sports Concussion Program, the ImPACT™ software system is utilized throughout professional sports and has been mandated in the NHL and NFL and utilized by US Soccer and countless colleges and high schools across the country. Additional information can be found at www.impacttest.com.

Testing will be offered at Martin Luther for all student athletes (Grades 9-12) before their respective sport season. Retesting is recommended every two years for high school athletes so it may not be necessary to retest next year. The exception for re-testing each year is if an athlete sustains a concussion during the year.

The test takes about 20-35 minutes, is non-invasive, and is not an IQ test. The test is basically set-up in a "video-game" type format. It tracks neurocognitive information such as memory, reaction time, brain processing speed, and concentration. It is a simple exam and most who take it enjoy the challenge of the test.

If the student-athlete is believed to have suffered a concussion, the exam is taken again and the data is compared to the baseline test on file. This information is then used as a tool to assist the athletic training staff and treating physicians in determining the extent of the injury, monitoring recovery, and in making safe return-to-play decisions. The baseline report will be saved in the MOSM database. Even though we are conducting these baseline tests in conjunction with the MOSM, the baseline report can be made available to other healthcare professionals that participate in the athletes care and recovery.

Please remember the State of Wisconsin will not allow an athlete who has a suspected head injury to return to play without a written note from a physician who has been trained in the concussion guidelines and return to play. It is the responsibility of each family to see either a member of the MOSM (athletic trainers, any of the physicians or anyone from the Concussion Care Network) or your family physician if an injury like this occurs.

If you have any questions regarding this program, please contact the athletic trainer or Crosby Janda Bugenhagen.

Sincerely,

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