

Sports Concussion Management



A concussion is a common sports injury ...

But is often difficult to diagnose and treat.

ImPACT provides our sports medicine specialists with invaluable information that can help take the guesswork out of concussion management and promote safe return-to-play decisions for athletes.

MCMC

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What is ImPACT?

ImPACT is a sophisticated, research-based computer test developed to help our physician evaluate an individual's recovery following concussion.

ImPACT is a 20-minute neurocognitive test battery that has been scientifically validated to measure the effects of sports-related concussion. In the preseason, each athlete is given a baseline test. If a concussion is suspected during the season, a follow-up test is administered to see if the results have changed from the baseline. This comparison helps physicians diagnose and manage the concussion. Follow-up tests can be administered over days or weeks so we can continue to track the individual's recovery from the injury.

Why use ImPACT?

ImPACT can help our team answer difficult questions about an individual's readiness to return to school and play, protecting him or her from the potentially serious consequences of returning too soon.

While traditional neurological and radiological procedures such as CT and MRI are helpful in identifying serious brain injuries, they are ineffective at identifying the effects of a concussion. Consequently, physicians must often rely on subjective observations or patient self-reports to diagnose and track a concussion. This is where ImPACT can help.

When Should You use ImPACT?

- **Pre-season Baseline Testing with ImPACT**
Have your athletes take the ImPACT Test to establish their baseline.
- **Post-concussion Testing with ImPACT**
Repeat computerized testing in the days following the concussion to track recovery.
- **Return-to-play Decision Support**
Feel confident in your decisions. ImPACT provides physicians with a state-of-the-art, medically-based program with clear guidelines to support timely and safe return-to-play.

**To take the a baseline ImPACT test,
please go to: www.mcmcortho.com**



MCMC Sports Medicine is a Credentialed ImPACT Consultant (CIC) that has fulfilled the requirements established by ImPACT™.