



**Somerset Berkley Regional High School Athletics is proud to announce that we utilize ImPACT Testing. Our goal is to create a safer environment for our student-athletes through education, awareness and clinical care.**

### **What is a Concussion?**

- A concussion is a disturbance in brain function that occurs following either a blow to the head or as a result of the violent shaking of the head
- In the United States, the annual incidence of sports-related concussion is estimated at 300,000. Although the majority of athletes who experience a concussion are likely to recover, an as yet unknown number of these individuals may experience chronic cognitive and neurobehavioral difficulties related to recurrent injury.

### **Signs and Symptoms of a concussion**

- Appears to be dazed or stunned
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even temporarily)
- Shows behavior or personality change
- Forgets events prior to hit
- Forgets events after the hit
- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling "foggy"
- Concentration or memory problems

### **What is ImPACT?**

- State of the art concussion management program
- 25 minute computer based program designed to help clinicians evaluate recovery following a concussion
- Documented reliability through multiple published studies
- Evaluates and documents multiple aspects of brain functions including:
  - Impulse Control
  - Sustained attention
  - Working Memory
  - Reaction Time
  - Visual-Motor Processing Speed
  - Visual and Verbal Memory
  - Selective Attention
  - Response Variability

### **Why use ImPACT?**

- Decisions about when an injured student-athlete can return to play are often very difficult
- Returning a student- athlete to play before complete recovery significantly increases his/her risk for sustaining an additional, even more severe, brain injury
- Student-athletes will often fail to report symptoms of a concussion hoping they can return to play more quickly
- If student-athletes return to play too soon after injury their season and health are at serious risk.

### **Who uses ImPACT?**

18 MLB Teams, All NFL Teams, All NHL Teams, Major League Soccer, USA Hockey, USA Ski team, US Army, US Navy, US Coast Guard, US Air Force Academy, 225+ Clinical Centers, and 900+ High Schools



**The Best Approach To Concussion Management**