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