

Repeating the ImPACT ® Test

1. What is the ImPACT Test?

The ImPACT test was developed by Mark Lovell, PhD (psychologist) and Joseph Maroon, MD (neurosurgeon), now on staff at the University of Pittsburgh Medical Center (UPMC), as a tool to help evaluate an athlete's recovery after a concussion. It is a series of six tests taken via the computer that measure the interplay of speed and memory, including:

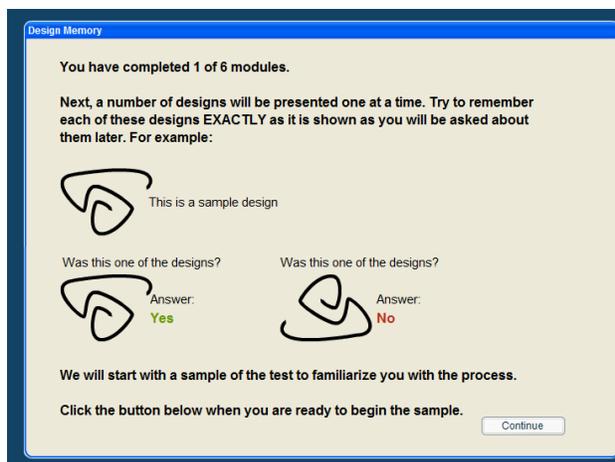
- reaction time
- eye- hand coordination
- memory
- thought processing

2. Why should my son or daughter take the ImPACT test?

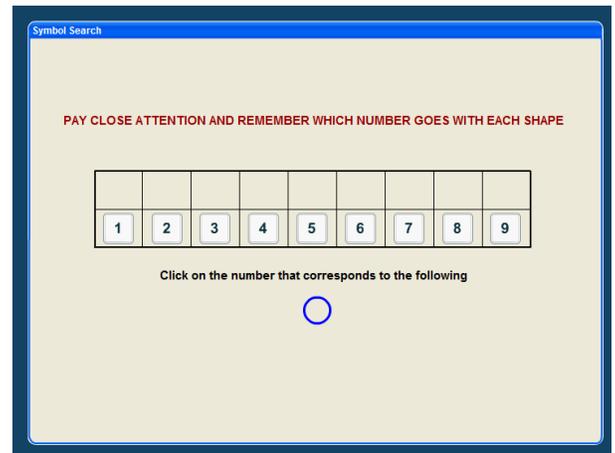
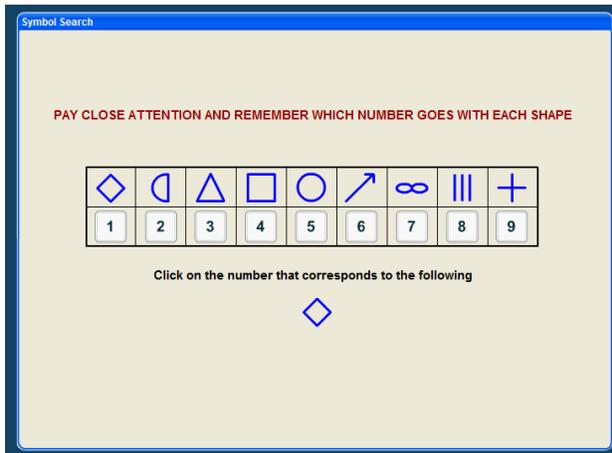
Hopefully your child will not be injured during play. But if they are, the ImPACT test can be repeated during their recovery period to help determine when it is safe for them to return to their sport. If your child has baseline (pre-injury) ImPACT scores, then post-injury tests can be compared to his/her "normal." If your child has not established their baseline scores, then post-injury tests will be compared to national standards for his/her age.

3. Why do some athletes have to repeat the ImPACT test?

The ImPACT test is challenging. It consists of six different tests that measure speed and memory together ("how fast *and* accurate are you?"). In addition, the test will attempt to distract your athlete while they are trying to remember. For example, they may be asked to give some answers with a right hand click, and others with a left hand click.



Many athletes do not give their best performance with the first try. They may be anxious, tired, or become distracted during testing. They may forget directions or accidentally reverse their right and left hands.



Our goal is to obtain a “blueprint” of the athlete’s *personal best* performance. Some athletes are more focused after they are familiar with the test, and thus, a second screening will often show us a more accurate picture of their normal speed and memory skills.

4. What should I do with the ImPACT test results?

The baseline ImPACT test is a reflection of your son or daughter’s ‘normal’ speed and memory skills. You will receive a copy of the results to pass on to your child’s physician for their medical record. In the event of a head injury, the ImPACT test can be repeated during recovery. The physician will compare post-injury scores with your child’s normal baseline. The scores will help determine necessary school adjustments during your child’s recovery period as well as help determine when it is safe to return to play.

5. How often should a baseline ImPACT test be updated?

UPMC recommends a yearly update for athletes age eleven through twelve, and every other year for ages thirteen and older.

6. Where can I get more information about the ImPACT test?

If you have questions, we invite you to contact the HeadZone physicians or staff by phone (203-903-3353) or by email info@head-zone.com. You can also find more information on our website www.Head-Zone.com as well as on the ImPACT website www.impacttest.com.