What is an ImPACT baseline test and why is it important?
Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT) is the most widely used and most scientifically validated computerized concussion management tool available. The test provides a concussion management professional information about memory, processing speed and reaction time prior to trauma, and provides objective information that assists in the management of the athlete during recovery and return to play/learning. For more information about the test visit: www.impacttest.com

What is involved with ImPACT baseline testing? Is there any physical testing?
The testing session includes administration of a computerized neurocognitive test (ImPACT). There is no physical testing involved with a baseline ImPACT assessment.

Who should complete a baseline test?
The baseline test is recommended for any active person (parents, coaches, etc.) age 5 and above. Baseline information is important to have after a concussion, even if the injury didn’t happen during sports (i.e. home, playground, automobile, etc.).

How often should baseline test be repeated?
Until age 13, players should get a new baseline every year. When 14 and older, a new baseline is recommended every two years.

How long will testing take?
The baseline ImPACT for ages 5-9 typically takes 25-30 minutes while testing for ages 10 and above typically takes 35-40 minutes.

Will I be given the results to provide to an onsite medical professional or ER physician, if needed?
After completing ImPACT a unique Passport ID# is generated and can be used by any ImPACT trained provider to access the baseline test data. Only a licensed healthcare professional can diagnose and treat a concussion. When a concussion is suspected, it is important to understand that ImPACT is not a diagnostic or sideline assessment tool nor one that is used in the emergency department or urgent care setting. ImPACT is used as one aspect of a comprehensive clinical assessment during post-injury concussion management 48-72 hours or more after injury.

How do I register for a baseline concussion test?
The Inova Sports Medicine Concussion Program offers individual and group baseline testing opportunities. To view available sessions, visit inova.org/ConcussionTesting

How do athletes, parents and coaches learn more about concussions?
Visit inova.org/ConcussionEducation to view FREE online concussion education videos for athletes, parents and coaches.

Who do I contact if I suspect a concussion?
The Inova Sports Medicine Concussion Program has a 24/7 hotline (703-970-6427) staffed by a concussion specialist to answer questions, provide real-time feedback and assist with scheduling concussion appointments.

Looking for a Concussion Return-to-Play plan?
The medical professionals within the Inova Sports Medicine Concussion Program create return-to-play guidelines for the each athlete and sport. This ensures the most up-to-date information and recommendations are followed after injury. Once an individualized plan is developed the next on- and off-field/court/ice steps can be initiated by the Inova Sports Medicine athletic trainer, an appropriate coach or injury liaison.