

## I. HOW TO TAKE ImPACT:

# IN A QUIET, UN-DISTURBABLE ENVIRONMENT



You need a computer that is internet capable, with a flash player and with an external mouse. Plan on 20-30 minutes.

1. Type in the address or click this link <https://www.impacttestonline.com/schools>
2. Find Massachusetts in the drop down box at the bottom.
3. Enter the following code: C76ACF51E6
4. Follow the on screen prompts.
5. At the end of the test, be sure to hit "Submit"!
6. If you have any problems (not long enough access to a computer, crashes, link won't work etc.) Let me know and I'll find a resolution for you.

**Note: Some Apple users have had problems. Please let us know, so we can suggest solutions...**

## II. What is it?

Impact testing lets us establish a base-line measurement of your "cognitive abilities". Notice it doesn't say "intelligence"! This isn't an IQ test, it's a test for things like reaction time, verbal memory, attention, and spatial relations. All things that can be affected when concussed. We can use these measurements to show if, and how badly, your concussion is (should you get one at all).

**III. Background:** derived from <http://impacttest.com/about/background>

ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the first, most-widely used, and most scientifically validated computerized concussion evaluation system.

Developed in the early 1990's by Drs. Mark Lovell and Joseph Maroon, ImPACT is a 20-minute test that has become a standard tool used in comprehensive clinical management of concussions for athletes of all ages. ImPACT Applications, Inc. was co-founded by Mark Lovell, PhD, Joseph Maroon, MD, and Michael (Micky) Collins, PhD.

Given the inherent difficulties in concussion management, it is important to manage concussions on an individualized basis and to implement baseline testing and/or post-injury neurocognitive testing. This type of concussion assessment can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion. In fact, neurocognitive testing has recently been called the "cornerstone" of proper concussion management by an international panel of sports medicine experts.

ImPACT takes approximately 20 minutes to complete. The program measures multiple aspects of cognitive functioning in athletes, including:

Attention span	Sustained and selective attention	Non-verbal problem solving
Working memory	Response variability	Reaction time

## IV. Why take it?

It benefits you for the following reasons:

1. Protects your safety - even from yourself. Sometimes athletes are surprised at how poorly they perform on this test after they have assumed they're fine.
2. Tracking - we can see how quickly you are recovering so you can return to play at the earliest safest time.
3. Hard data - here is a way to have hard data to back you up if you really feel unwell but aren't sure if people believe you.
4. Get on my good side - by completing the test early and upon request is very helpful to me and I appreciate your effort.