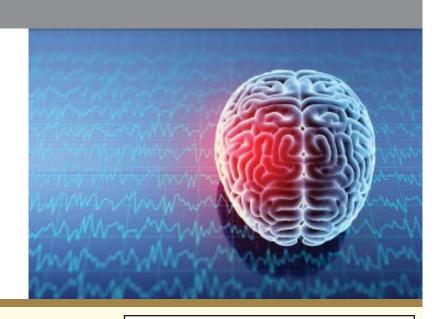
# Vanderbilt Orthopaedics and Rehabilitation

**Medical Fitness** 



# Baseline and Post-Concussion ImPACT Testing

Vanderbilt University Medical Center offers comprehensive baseline testing for athletes ages 5 years and older.

# Benefits of Baseline Testing:

- Gives a useful comparison against post-concussion abilities
- Gives medical providers knowledge to create personalized plans for recovery and return to play
- Can allow athelets to return to play sooner since coaches, athletes, parents and trainers will know goals of recovery

## If an athlete who has had baseline testing suffers a concussion, we can use this data to measure:

- Complexity of the injury
- Brain systems affected
- When it's safe to return to sport

We recommend athletes have a pre-season baseline test every 2 years

### Facility Operating Hours:

Monday - Thursday: 7 a.m. - 6 p.m. Friday: 7 a.m. - 5 p.m.

#### VANDERBILT VUNIVERSITY MEDICAL CENTER

#### **Baseline Testing**

- Single session (approximatley 45-60 minutes)

- Includes:

- Balance Assessment
- Individual Neurologic History
- Computerized Neurocognitive Evaluation
- ImPACT version dependent on age:
  - Pediatric ImPACT for ages 5-11
  - ImPACT for ages 12 and older
- Patient provided with printed copy of results along with ImPACT Passport ID that enables other health care providers to access results if needed
- Cost: \$30.00

#### Post-Injury ImPACT Testing

- Single session (approximatley 45-60 minutes)
- Includes:
  - Balance Assessment
  - Individual Neurologic History
  - Computerized Neurocognitive Evaluation

- ImPACT version dependent on age:

- Pediatric ImPACT for ages 5-11
- ImPACT for ages 12 and older
- Patient provided with printed copy of results along with ImPACT Passport ID that enables other health care providers to access results if needed
- Results communicated to Vanderbilt University Medical Center physician for "return to play" determination as appropriate
- Cost: \$30.00

For additional information please visit VanderbiltHealth.com/medicalfitness or call (615) 322-4540 and speak with a medical fitness staff member.