



# SALISBURY HIGH SCHOOL

Department of Athletics  
500 E. Montgomery Street  
Allentown, PA 18103

*Salisbury...Inspire, Think, Learn, Grow...Together!*

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Brynn Mahoney, MS, ATC

Certified Athletic Trainer

610-797-4107

**TO:** Parents/Guardians  
**FROM:** Salisbury Athletic Training  
**DATE:** 5-13-13  
**RE:** ImPACT- Sports Concussion Program

As part of our on-going efforts to provide the best care to our student athletes, we have integrated the ImPACT sports concussion program into our concussion management plan.

ImPACT (**I**mmEDIATE **P**ost-Concussion **A**ssessment and **C**ognitive **T**esting) is a computerized neurocognitive assessment tool that helps evaluate concussions. Used by many professional sports organizations, including the NFL and NHL, as well as by many collegiate programs and secondary schools, ImPACT is a 20-30 minute “test” that provides a ***comprehensive approach*** to assessing and managing concussions. ImPACT has the ability to measure the athlete’s cognitive function, including concussion symptoms, memory, processing speed/reaction time, and concentration. It is used in conjunction with other clinical evaluation tools to help health care professionals:

- 1.) Establish a **reference point (i.e. baseline)** for the cognitive function of the *non-concussed* athlete.
- 2.) Evaluate the concussed athlete’s **post-injury** condition.
- 3.) **Track** the athlete’s **recovery**.
- 4.) Make decisions about when it is safe for an athlete to **return to competition**.

For the ImPACT test to be most reliable, **it is important to establish accurate baseline (or pre-injury) data** to use as a reference point for comparison. This will be accomplished through baseline testing in a quiet environment. ***The baseline evaluation is not graded and there is no minimal score that must be met for the individual to participate in athletics.*** However, the baseline score does give us a representation of your child’s capabilities while his/her brain is functioning normally.

Should the athlete sustain a concussion during the year, he/she is retested within 24-72 hours of the injury and the post-injury score is compared to the baseline data, helping the examiner detect subtle deficiencies that may otherwise go unnoticed.

For more information on ImPACT testing, you can visit [www.impacttest.com](http://www.impacttest.com) .