



*Make the turnaround.*



**The Best Approach To Concussion Management**

Dear Parent/Guardian,

**180 Physical Therapy** is currently implementing an innovative program for athletes who are at risk of sustaining a concussion. This program will assist in determining when it is safe to return to sporting activities if/when a concussion is sustained. We have acquired a software tool called **ImPACT** (Immediate Post Concussion Assessment and Cognitive Testing). **ImPACT** is an on-line computerized exam that has gained recognition around the world and is utilized in many professional, collegiate, and high school sports programs across the country to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, **ImPACT** is used to help determine the severity of head injury and when it has fully healed.

The computerized exam is given to athletes before beginning contact sport practice or competition and is administered here in the clinic. This non-invasive test is set up in “video-game” type format and takes about 15-20 minutes to complete. It is simple, and actually many athletes enjoy the challenge of taking the test. Essentially, the **ImPACT** test is a preseason physical of the brain and acts as a baseline test. It tracks information such as memory, reaction time, speed, and concentration. It, however, is not an IQ test. The cost of the baseline test is \$20 and is not covered by insurance.

The information gained in this program may be utilized in studies being conducted by the University of Pittsburgh Medical Center (UPMC is the founding group of this software). We have set up an anonymous identification system so that your anonymity is guaranteed.

If a concussion is suspected, the athlete will be advised to re-take the test at a local neurologist/neuropsychologist office. The baseline test you take here in the clinic can then be compared to the post-concussion test you will take at the doctor’s office. The information gathered can also be shared with your family doctor. The test data will enable these health professionals to determine when return-to-play is appropriate and safe for you to return to your sporting activity.

We are excited to implement this program given that it provides you and your healthcare provider with the best available information for managing concussions and preventing potential brain damage that can occur with multiple concussions. Prior to opening **180 Physical Therapy**, I served as the head athletic trainer at Gannon University and utilized this program for all of the student-athletes. It proved to be an invaluable tool for concussion management and was able to assist in determining when it was safe for an athlete to return to competition.

One of our goals at **180 Physical Therapy** is to provide the community with access to programs that stress prevention, and we feel that implementing the ImPACT program helps us meet that goal. Please fill out the attached consent form with the appropriate signatures and if you have any further questions, please feel free to contact me at 814-838-9180.

Sincerely,

John DeAngelo PT, DPT, ATC



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# CONSENT FORM

I have read the attached information and understand its contents. I have been given an opportunity to ask questions and all questions have been answered to my satisfaction.

I understand that this baseline test is being used “just in case” a concussion is sustained to help improve the management of the injury. All post-concussion ImPACT testing will be performed by a local neurologist/neuropsychologist of your choice.

I agree to participate in the **ImPACT** Concussion Management Program.

**Printed Name of Athlete** \_\_\_\_\_

**Date of Birth** \_\_\_\_\_

\_\_\_\_\_

Signature of Athlete

\_\_\_\_\_

Date

\_\_\_\_\_

Signature of Parent

\_\_\_\_\_

Date