

# ImPact Concussion Program

Dear Parents,

Fort Worth Christian School's sports medicine is proud to offer an innovative software program that will provide help in determining the cognitive or mental function of a student athlete who suffers a head injury in such a way that a temporary disruption of brain function is noticed.

The software program is called **ImPact** (Immediate Post-Concussion Assessment and Cognitive Testing). This program was developed by Dr. Mark Lovell from the University of Pittsburgh Medical Center's Department of Orthopaedic Surgery. It is used by several area high schools along with collegiate and professional teams and is in NO WAY an evaluation of an athlete's intelligence or IQ level. The ImPACT test is simply an assessment of an athlete's mental focus, reaction time, and level of memory capacity before and after a head injury.

Preseason baseline testing is necessary because it gives the FWC medical staff cumulative data on how an athlete's brain functions when he or she is considered "healthy and injury free". Sports like football, soccer, basketball, baseball, softball, and cheer show to have the "highest" incidents of head injury within their respective sport. Any athlete planning to participate in any of these sports will be required to complete a baseline test here at FWC. Golf, tennis, and cross country only athletes have the option to not take the ImPACT test, but it is strongly encouraged that those athletes complete at least 1 baseline test while at FWC. Keep in mind, concussions do not only occur during athletics.

The ImPACT test is offered to our student athletes at NO COST and is conducted online in our elementary school's computer lab. The testing process will take approx 45 minutes to complete and must be supervised by the head athletic trainer. For detailed information about the components that make up the ImPACT test, please visit their website at [impacttest.com](http://impacttest.com)

**\*Disclaimer: The ImPact test is not intended to diagnose an athlete with a concussion. It is used by the FWC medical staff as an evaluation tool to help determine the level of cognitive function of an athlete's brain after a head injury has occurred. Any FWC student athlete who suffers a head injury should be evaluated by the FWC head athletic trainer.**

If you have additional questions about the testing procedure, please feel free to contact me anytime.

Thank you for your support.

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