



# ImPACT Information for Parents

## What is ImPACT?

ImPACT® (Immediate Post-Concussion Assessment and Cognitive Testing) is the most-widely used and most scientifically validated computerized concussion evaluation system. ImPACT was developed in the 1990s to provide useful information to assist qualified practitioners in making sound return to play decisions following concussions.

## Why use ImPACT?

Given the inherent complexities of concussion management, it is important to manage concussions on an individualized basis and to implement baseline testing and/or post-injury neurocognitive testing whenever possible. Neurocognitive 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 been called the "cornerstone" of proper concussion management by an international panel of sports medicine experts.

## Who is currently using ImPACT?

ImPACT is in use by the large majority of teams in MLB, NHL, NFL and MLS. More than 7,400+ high schools, 1,000+ colleges and universities, 900+ clinical centers, 200+ professional teams, select military units, Cirque du Soleil, and many other organizations around the globe use ImPACT. Currently, more than 10,000 medical professionals have been trained by ImPACT on concussion management.

## ImPACT is NOT

- Impact is not: A diagnostic test. ImPACT is one tool that can be used by medical professionals to help measure an individual's recovery from a concussion.
- Impact is not: A one step solution to concussions.
- Impact is not: A preventative tool. Nothing can prevent concussions.
- Impact is not: A substitute for medical treatment or management.
- Impact is not: A replacement for a cat scan, MRI or other medical technology.
- Impact is not: A home-based test. ImPACT should always be administered in the presences of a trained supervisor.

## Where can I go to learn more about the ImPACT Test?

Visit ImPACT's website, [www.impacttest.com](http://www.impacttest.com).