

PLEASE READ BEFORE YOUR BASELINE TEST APPOINTMENT

In order to bring you the highest standard of concussion care, Joint Physiotherapy provides a full-service concussion testing and rehabilitative program. A vital component of concussion management involves obtaining a pre-season or “baseline” test. Baseline testing is essential for athletes at risk of concussive injury as it provides an important point of reference when managing head injury and determining readiness to return-to-play. We thank you for taking a proactive approach to concussion management and participating in our baseline program.

Our testers administer a **supervised ImPACT® assessment** (computerized neurocognitive test). ImPACT® is the most widely used and scientifically validated concussion assessment tool available (www.impacttest.com). The program measures multiple aspects of cognitive functioning in athletes, including:

- ✓ Attention span
- ✓ Working memory
- ✓ Sustained and selective attention time
- ✓ Response variability
- ✓ Non-verbal problem solving
- ✓ Reaction time

In addition to ImPACT® testing, Joint Physiotherapy and *Shift Concussion Management* recommend baseline assessment of both balance and visual coordination, as these skills are often impaired following a concussion. (Please note that our baseline visual screen in no way replaces the routine eye care provided by your regular eye doctor).

Should you sustain a concussion during the sporting season, please contact us at 519-396-2828 as early as possible to book a follow-up assessment. Our physiotherapists are trained in the assessment and rehabilitation of these types of injuries and will work collaboratively with the GP, Pediatrician or Sport Physician involved in your medical care.

We require a completed consent form prior to test administration. If you have been given the consent form in advance, please fill it out and bring it on testing day or forward it to us ahead of time. If you have not been given a consent form one will be provided to you at your appointment. In order to ensure a smooth testing process, we ask that you **ARRIVE 10-15 MINUTES IN ADVANCE OF YOUR APPOINTMENT.**

TIPS FOR SUCCESSFUL TEST TAKING

- Be sure to listen to all instructions carefully during the computer-based testing portion and give it your **best effort**. This will lessen the chance of you having to retake the test due to a less-than-optimal result.
- If during the test you find you do not understand the instructions, or if your computer freezes/test is interrupted, notify one of the test instructors right away.
- Let us know if you are sleepy, fatigued, rushed, distracted, emotionally distressed, or if you have been under the influence of intoxicants within the last 24 hours. We will reschedule your test for a day that you are feeling better.
- If you are testing with your teammates, please be courteous of those test takers around you and concentrate on your own computer.
- **If you normally wear contact lenses or glasses on a full time basis, or if you have glasses specifically for reading, be sure to bring them to the test.**
- Give each task your **BEST EFFORT**.

A note on **Neurocognitive Testing**:

On rare occasions, we do not obtain a successful result on the first test. Many computerized cognitive assessment tools have built-in “quality control checks” so that if performance is less than optimal or an athlete is intentionally trying to do poorly, the program will notify us. In these situations, we will ask you to complete a second test or have you return on a later date, as we do not want to *underestimate* your performance level.

Often invalid attempts are a result of the testing environment (distraction by teammates, noise, etc.) or internal factors (lack of motivation, fatigue, frustration, or failure to understand the test principles). It is important to us that we obtain an accurate baseline, and for some, this requires repeat testing or a change in environment.

If you have any questions regarding the baseline process or concussion management in general, please do not hesitate to contact us!

Joint Physiotherapy

1-519-396-2828

jointphysio@brucetelecom.com