



ImPACT™ Concussion Testing FAQ's

What is a concussion?

A concussion is a disturbance in brain function that occurs following a blow to the head or as a result of violent shaking of the head. The majority of people who sustain a concussion recover full function within days or weeks, but a small percentage of these individuals may experience long-lasting cognitive or behavioral difficulties as a result of the injury.

What is the ImPACT™ Test?

ImPACT™ is a sophisticated, research-based computer test developed to help doctors evaluate an athlete's recovery following a concussion. ImPACT™ is a 25-minute test that has been scientifically proven to measure the effects of a sports related concussion.

Who should take the ImPACT™ Test?

The ImPACT™ Baseline Test should be the first step in the season of ANY athlete participating in contact or collision sports, or anyone who is otherwise at risk for sustaining a concussion. The ImPACT test can be taken by anyone age 11 and over. Adolescents should re-take the baseline test every 1-2 years even if he/she has not had a concussion.

How can I take the ImPACT™ Test?

Simply log onto our website at www.accesssportsmed.com – click on “Concussion Program” and follow the prompts to register and take the baseline test. If you do not have high speed internet access, call Access Sports Medicine & Orthopaedics at (603)775-7575 and we will make arrangements to have you come into our office to take the test. The entire process takes about 30 minutes. Young adolescents should be supervised by an adult as younger athletes will find the test to be more challenging and may have questions.

What if I answer questions incorrectly? Can I pass or fail?

This is a difficult test so try not to be discouraged by incorrect answers. Just continue on to the next question and do your best. There is no passing/failing grade. Remember that we will use this test to help treat you if you get a concussion, so take the test seriously and try your best to answer the questions correctly.

I've taken the ImPACT™ Baseline Test, now what do I do?

Once you complete the baseline test, your results will be stored in our records. If you have a head injury or think you have a concussion any time after taking the test, make an appointment at Access within 2-3 days. We will evaluate your injury and may do a follow-up ImPACT test at the clinic and compare the results with your baseline test results; this will help us manage your recovery from the concussion and guide your return to play.