



The Inova Sports Medicine Concussion Program is pleased to offer

Baseline Concussion Testing

- Baseline testing available to age 5 and older
- ImPACT™ and VOMS baseline assessments offered
- Test organization and administration coordinated by Inova's concussion specialists
- Individual and group testing sessions offered by appointment
- Multiple testing locations available to best accommodate the individual or group

How To Register For a Baseline Testing Session

Step 1: Visit www.inova.org/concussion/portal

Step 2: *Returning user?* Click  button. *First time user?* Click  button.

Step 3: *Returning users*, go to step 4. *New users*, follow registration instructions then go to step 4.

Step 4: From athlete dashboard, click  button

Step 5: Select the test time that best fits your schedule

Frequently Asked Baseline Testing Questions

How long will testing take?

The baseline testing session typically takes 35-45 minutes. We start promptly at the scheduled testing time.

What is involved in baseline testing?

The testing session includes administration of a computerized neurocognitive test, the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT), along with a Q&A session for parents and athletes. We chose to utilize ImPACT, as it is the most widely used computerized neurocognitive test. Please feel free to visit their website to learn more about the test: www.impacttest.com

Will I be given the results to provide to a sideline or ER physician, if needed?

Upon completing ImPACT, you will receive an ImPACT Passport ID# that can be used by any ImPACT trained provider to retrieve the baseline test. In case your child is injured, it is important to understand that ImPACT is not a sideline assessment tool or one that can be used in the Emergency Dept. setting. Instead, ImPACT is used in a clinic setting for post-injury concussion management purposes.

How often does an ImPACT baseline need to be repeated? Every season, every year, never?

We recommend that athletes receive a new baseline every year until age 14 and every other year above the age of 14.

Is there any physical testing?

There is no physical testing.

How do athletes, parents and coaches learn more about concussions and the baseline testing process?

Visit www.inova.org/inova-sports-medicine/concussion/management-program to view free online concussion education for athletes, parents and coaches. Also, while the athletes complete the baseline testing session Inova's concussion specialists provide parents and coaches in-person education. The educational presentation includes information about the testing process, concussion recognition and management techniques and concludes with a open Q&A session with the concussion specialist.

Need more information? Post Injury Care? Contact Inova Sports Medicine's Concussion Specialists

Concussion Hotline: 703.970.6427

Email: IMGSportsMedicine@inova.org

Visit: www.inova.org/sportsmedicine