

Select Physical Therapy's Concussion Program

What does this program include?

There are three equally important parts to Select Physical Therapy's Concussion Program.

- **The first is education.** We feel it is very important to educate as many youth groups, club sports and individuals as possible with regard to the recognition and management of concussions. Coaches, participants and parents are critical in the management of concussions so they need to know the latest information. Individuals that choose to purchase the baseline test will receive educational information as part of this service.
- **Baseline testing.** ImPACT is offered to those individuals or teams who wish to be proactive. This test establishes a measure of cognitive function prior to an injury that then can be used following a concussion. Baseline testing will allow for complete follow up care.
- **Post concussion care.** Following a concussion, we will help direct you to one of the area's finest physicians or work with your own physician. We will perform post concussion testing, interpret results and communicate with your physician to safely return your son or daughter to activity.



What is ImPACT Testing?

ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the first, most-widely used, and most scientifically validated computerized concussion evaluation system. ImPACT is a 20-minute test that has become a standard tool used in comprehensive clinical management of concussions for athletes ages 10 and up. Given the inherent difficulties in concussion management, it is important to manage concussions on an individualized basis and to implement baseline testing and/or post-injury neurocognitive testing. This type of concussion 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.

How often do we need to be tested?

The frequency of testing varies based on the developmental stage of the brain. Athletes that are nine years of age or younger have brains that are developing so quickly that the test is less affective. Athletes from ages 10-12 should be tested every year. Athletes from 12-18 should be tested every other year. Following a concussion, an athlete should receive a post concussion test directed by a physician. If they do not reach the expectable levels compared to their baseline then further retesting is based on individual progression.

Who is involved in Select Physical Therapy's Concussion Program and what is the cost?

Our certified licensed athletic trainers direct and manage the programs at each of the testing locations in Connecticut. They work under the direction of local doctors who have an extensive background in ImPACT and concussion management. The cost for a baseline test is \$50 per test. The cost for a post concussion test is \$75 per test. We will offer each participant the recommended return to play guidelines. You can sign up for any part of the program by calling the individual below or through our Injury Hotline.



24hr INJURY HOTLINE: 1-877-662-5633

1.877.662.5633 877moblmed@selectmedical.com

Concussion Program Locations:
West Hartford, Farmington, New Milford, Tolland and Stratford/Shelton
We are in the process of adding additional locations