



The Center for Concussion Care and Physical Rehabilitation

Instructions for Baseline Testing:

Access code: 9576859099

The Concussion Baseline Test will take approximately 20-30 minutes to complete. Turn off music, TV, or other background noises while taking the test. To ensure that home-based results are accurate, a parent/guardian must supervise any student-athlete under the age of 18 during the testing procedure. **If using laptop computer, must use external mouse.**

- ▶ Close all other computer programs before starting the test. If you have a **pop-up blocker installed**, you will need to turn it off temporarily.
- ▶ Go to our website,
<http://www.atlantichealth.org/neuroscience/our+services/services+by+condition/concussions/learn/diagnostic+test+stand+screenings>.
- ▶ Scroll to the bottom of the page and click on the link to the ImPACT Baseline test.
- ▶ In the new window, click on Launch Baseline Test and then enter the access code provided above.
- ▶ Choose **Atlantic Concussion Center** for the school/organization from the drop down menu on the Sports and Health History page and enter your birth date.
- ▶ You will be directed to a series of questions that you will need to answer before taking the test. Please answer all questions as honestly as possible.
- ▶ Follow the test questions carefully. Missing key instructions or not giving the test your full attention will affect your results.
- ▶ Put in your best effort. This is a hard test. No one gets everything right, so don't get frustrated.
- ▶ If you become confused about the directions, keep trying to do your best.
- ▶ Notify the Concussion Center at (908) 522-6146 if you have any problems or are unable to complete the test.

Troubleshooting Tips:

- ▶ Flash reader program needs to be on your computer. If not, downloads are available at www.adobe.com
- ▶ Make sure your firewall allows downloads and that the internet session time limit is set to at least 45 minutes.
- ▶ Your desktop or laptop must have an internet connection and an external mouse. Do not run a laptop from the battery. If you are having technical problems, please call ImPACT technical support at 877-646-7991.

An Important Note about ImPACT Baseline Testing at Home

Baseline testing is one of several tools used for the guiding care and treatment of concussions.

Please note that home-based testing is generally not recommended. Testing at home can be influenced by distractions and/or improper test taking practices that may produce results which are not reliable should they be needed for comparison to post-test results following a concussion.

Testing should be supervised by a properly trained individual. While the Center for Concussion Care and Physical Rehabilitation offers ImPACT baseline testing that can be taken at home to area youth sports programs, we strongly recommend the test be administered and supervised by a properly trained individual. It is imperative that you communicate this information to the parents of your athletes.

If you wish to have ImPACT baseline testing administered in a supervised environment (such as at our hospital, a high school computer lab, library, etc.), please contact us. We will be happy to arrange for one of our clinicians to administer the test according to recommended guidelines.