

ImPACT Applications

What is ImPACT?

ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is an objective tool used by athletic trainers, school nurses, and doctors to help decide when a student-athlete is ready to safely return to class, practice, and games after a concussion. It's a computerized test that measures memory, attention span, visual, and verbal problem solving.

Why Your Child Might Take ImPACT

- To establish a baseline record of their cognitive performance
- If your child experiences a head injury during sports or another activity, ImPACT testing can help
 - Track their cognitive recovery over time
 - Compare post-injury performance to a baseline (if one was taken before the season)
 - Support return-to-learn and return-to-play decisions made by trained professionals

What to Expect

- The test takes about 20-25 minutes
- It's taken on a computer or iPad
- Your child will complete six short activities that test their thinking and memory
- There are no "right" or "wrong" answers, it's just about doing their best!



What Happens with the Results?

After a baseline test is complete, test taker scores will be stored in our secure Customer Center database in case of future injury and need to take a post-injury test.

Post-injury test results are reviewed by your child's athletic trainer, school nurse, or doctor. ImPACT is not a diagnostic tool, but it gives valuable insight into how your child's brain is functioning after an injury. It's one part of a larger concussion management plan used to keep your child safe.

Questions?

Reach out to your child's school or athletic trainer, or visit impacttest.com to learn more.