

# What is ImPACT testing?

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ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the most scientifically validated computerized neurocognitive test used by more than 7,400 high schools and 1,000 colleges and universities to help evaluate and manage suspected concussions. Since 2006, over 7.5 million individuals have taken the ImPACT test.

## ImPACT comes in two forms:

**Baseline test:** Administered by a physician, nurse, athletic trainer, athletic director, or coach before the start of a sport season, school year, or other activity. Baseline scores are collected and stored on our HIPAA compliant server. ImPACT recommends re-administering the baseline test every two years.

**Post-injury test:** Administered by a licensed healthcare provider when a concussion is suspected. Test results are compared to baseline scores and/or normative data scores as part of a healthcare provider's assessment of the injury. Multiple post-injury tests may be given to an individual during the course of treatment and rehabilitation.

## Here's how ImPACT works:

- 25-minute computerized, online test for ages 12-59
- Delivered via a secure web portal. Taken via a desktop computer (PC and Mac compatible) that has an internet connection and a mouse
- Administered in the presence of a physician, nurse, athletic trainer, athletic director, or coach (only a licensed healthcare provider can administer an ImPACT post-injury test)
- Results interpreted by a licensed healthcare provider

## What does ImPACT measure?

The test tracks a student's symptoms and measures multiple aspects of cognitive functioning, including attention span, working memory, sustained and selective attention time, nonverbal problem solving, and reaction time.

## Baseline testing is held at:

### Bull Run Family Medicine - Linton Hall

10322 Bristow Center Drive, Bristow, VA 20136  
571-284-4230

### Bull Run Family Medicine - Manassas

8640 Sudley Road #203, Manassas, VA 20110  
703-368-3161

For more information, please call **855-MD-SPORT(63-77678)** or visit **[NovantHealthUVA.org/sportsmedicine](http://NovantHealthUVA.org/sportsmedicine)**

