

WARRIOR ATHLETICS



WILDWOOD H.S.

*Concussion Impact Testing-Fact Sheet

Wildwood High School implemented an innovative program for our student-athletes. In order to better manage concussions sustained by our student-athletes, we have acquired a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). ImPACT is a computerized exam utilized in many professional, collegiate, and high-school sports teams across the country to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of the injury and when the injury is fully healed. As a baseline test, this computerized exam is given to athletes before beginning contact sports practice or competition. The test is a non-invasive "video game" type format that takes about 30 minutes to complete. ImPACT is essentially a preseason physical of the brain.

ImPACT is one component of the extensive concussion assessment that will take place when an athlete is suspected of sustaining a concussion. Another tool utilized in concussion evaluation is the Standardized Assessment of Concussion (SAC) and the Balance Error Scoring System (BESS). The SAC is a simple test that takes approximately five minutes to complete. It measures the neuropsychological functions most commonly affected by concussions. The test includes measures of orientation, immediate memory, concentration, and delayed recall. The BESS is a short test that measures an athlete's ability to balance in various stances.

Concussions are serious injuries that must be treated with extreme caution in the high school population. Concussions are no longer categorized as mild or severe, as it is now recognized that every brain injury must be treated conservatively. Athletes who return to their sport before appropriate recovery run the risk of Second Impact Syndrome. This is a rare but devastating complication that can lead to permanent impairment or death. Every athlete who exhibits symptoms of concussion will be evaluated by the Certified Athletic Trainer, Mrs. Amanda Perez (522.7922. ext 2351). She will do a thorough evaluation and make recommendations on further treatment. **All athletes must be cleared by their physician before returning to full participation. Athletes must be symptom free for 48 hours before beginning the progression of activity toward full participation.** Please refer to Wildwood's Concussion Policy for further information on how head injuries are managed in our school.