

Baseline Testing

? **What is a concussion?**

"A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement causes the brain to bounce or twist in the skull...sometimes stretching and damaging brain cells" (www.cdc.gov)

? **Why is baseline concussion testing important?**

Baseline concussion testing provides a snapshot of your athlete's cognitive function (ImPACT Test), balance and stability (BESS Test) and eye movements, attention and language (King Devick Vision Test) **prior to a head injury**. This is important for aiding in post-concussion care and management as well as making safe and informed return to play decisions.

More about the Baseline Test:

Oscar's Place Baseline concussion testing consists of three components:

- 1) **ImPACT computerized test** – 20-30 minute computer test measuring memory, attention span, and problem solving.
- 2) **King Devick Vision Test**- a two-minute rapid number naming assessment in which an individual quickly reads aloud single digit numbers and evaluates eye movements, attention and language function.
- 3) **BESS Balance Test**- the balance error scoring system (BESS) is a brief test of static balance.

***The Baseline Test should be repeated every 2 years.**

Post-Concussion Rehabilitation

? **When to seek help?**

After a suspected head trauma or diagnosed concussion.

Comprehensive Post-Concussion Physiotherapy Assessment Includes:

- ✓ Compare data from Baseline Test
- ✓ Subjective and medical history
- ✓ Neurology screen
- ✓ A vestibular ocular motor screen which looks at the systems responsible for integrating balance, vision and where our body is in space.
- ✓ Static and dynamic balance assessment
- ✓ Create treatment/management plan

Assessment with Registered Kinesiologist Includes:

- ✓ Repeat ImPACT post- concussion computer test
- ✓ Re-assess vision and balance using the King Devick Vision Test and the BESS Test.
- ✓ Complete Self-reported symptom questionnaire.
- ✓ Submaximal Endurance Test to assess symptom response to aerobic activity.