

ImPACT™ Concussion Testing Program

Sterling high school is participating in a new concussion testing program that will help improve the school and coaches' care for athletes with sports-related concussions. This program is being provided by Nebraska Orthopaedic & Sports Medicine, and Saint Elizabeth Regional Medical Center of Lincoln, through the newly formed Nebraska Sports Concussion Network. Called the "ImPACT Test", this online computerized test is specifically designed for managing sports-related concussions. The test measures brain reaction time, processing speed, memory, attention, and allows us to obtain a "snap-shot" of how one's brain functions in normal conditions. Athletes are baseline tested in the pre-season, and if an athlete sustains a concussion, they are re-tested. Post-injury test scores are then compared to pre-injury, baseline scores. If differences exist between the baseline and post-injury tests, athletes will be restricted from activity until further test results return to normal. As post-injury scores return to baseline, or normal, this indicates an athlete is recovered sufficiently to resume a step-wise progression back into activity and full participation. This form of testing and return-to-play helps avoid prolonging the recovery from a concussion, and prevents athletes returning to play too soon before the brain has had time to fully heal, and risking serious or catastrophic injury.

This year **Sterling high school** athletes in 9th -12th grades participating in contact sports will be tested. The cost of baseline testing is being funded and implemented by the Nebraska Sports Concussion Network. Post-Injury testing, if necessary, is conducted by a physician trained in ImPACT listed on the network's website. School personnel have been trained to conduct baseline tests at school, and all coaches will have taken an online Concussion Training for Coaches course in an effort to improve the recognition of potential head injury. Additional information in recognizing head injuries is available for parents of athletes at www.NebSportsConcussion.org.

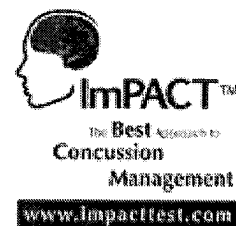
Sterling high school would like to thank Nebraska Orthopaedic & Sports Medicine & Saint Elizabeth Regional Medical Center for making the ImPACT Testing Program available to our athletic programs, and helping us ensure we are doing our absolute best in caring for your sons and daughters.

The Nebraska Sports Concussion Network strongly recommends no one under the age of 19 years old be allowed to resume play while presenting with any SYMPTOMS of a concussion. Furthermore, all concussion injuries should be evaluated by a medical physician.



† **Saint Elizabeth**
Regional Medical Center

Nebraska
Sports
Concussion
Network



www.NebSportsConcussion.org