

**We can help with base-line ImPACT® testing, post injury ImPACT® testing, and guiding an active recovery program to get you back in the game.**

Baseline testing measures your brain function before an injury so you have a reference point for understanding how you function after a concussion.

Many sports require players to undergo baseline testing in pre-season; it won't keep you from getting a concussion, but it can identify red flags should a concussion occur and help track and manage the injury.

## **About us**

When you move better, you feel better. That's why we're committed to helping you live your life to the fullest with a full range of rehabilitation services.

### **Helping Canadians from coast to coast**

Lifemark is Canada's largest independent provider of health care services, with more than 100 locations and 1500 professionals across the country. From physio, chiropractic and massage to specialty services like concussion rehabilitation and cancer care, we've got Canada covered.

### **The best care from the best people**

You deserve the highest quality of care. That's why we hire the best practitioners in the field — professionals with the right qualifications, experience and expertise to help you get back to moving better and feeling great!



# SPECIALTY PROGRAM: **CONCUSSION CARE**

baseline testing



[www.lifemark.ca](http://www.lifemark.ca)

**Lifemark**

## What is baseline testing?

Baseline testing measures your brain function before an injury so you have a reference point for understanding how you function after a concussion (it's kind of like weighing yourself before you go on a diet).

Many sports require players to undergo baseline testing in pre-season; it won't keep you from getting a concussion, but it can identify red flags and help track and manage the injury.

Lifemark provides testing for individual athletes and entire teams. We can help:

- Guide and predict the recovery process
- Keep from going back to their activity too soon
- Reduce the risk of subsequent concussions

## What is ImPACT®?

ImPACT® (Immediate post-concussion assessment and cognitive testing) is the gold standard of neurocognitive testing.

It's the most widely accepted and most scientifically validated computerized concussion evaluation system, and it's used by most teams in the MLB, NHL, NFL, NASCAR and WWE plus thousands of schools and clinical centres.

We use ImPACT® as a part of our baseline protocol. The test takes just 30 minutes and measures concentration, reaction time and concussion symptoms.

## Why is baseline testing important?

The baseline test measures your brain before it is injured. In the event of an injury, we test you again and compare the two scores to determine severity, monitor recovery and make informed return-to-play decisions.



## What does ImPACT® measure?

Computerized neurocognitive screening like ImPACT® can be done as a baseline measurement or following a suspected concussion. It measures learning and memory skills, your ability to concentrate and reaction time in problem solving.

## Is there an age restriction?

Yes, you must be at least 10 years old to undergo baseline testing.

## How often should I have a baseline test?

**Ages 10-18:** We recommend a baseline test every two years.

**Ages 19-59:** We recommend a baseline test one time only.

A child's brain is still developing, so baseline testing will need to be repeated every two years to accurately measure these changes.

## Can I have a post-injury test without a baseline?

Yes. Even if you don't have a baseline, we compare your results to baseline data for other people like you, which can be useful in judging progress as you recover.

## Can't I just take the baseline test at home or on my own?

We don't recommend it; testing should be supervised by a professional. People who aren't trained in concussion management should not make decisions about return to play.

## Why do you use ImPACT® as part of your concussion management program?

ImPACT® has been scientifically validated over 15 years of research. In fact, as the most researched

concussion management tool available, it is considered the gold standard by professional sports organizations such as the NFL, MLB, NHL and MLS.

## What happens if I was given a baseline at your clinic, but a different clinic/hospital saw me after my concussion?

With your consent, we can send your baseline results to whichever medical professional is working with you. It is their responsibility to contact our clinic to obtain the report.

**There are many variations of "normal" brain function and the best comparison for you is to your "normal." Contact us to find out more about baseline testing.**

## Did you know?

- Concussions occur every 4 minutes in Canada.
- Approximately 144,000 Canadians get a concussion each year.
- The average age for a first concussion is 10.
- The two leading causes of concussions/mTBI (mild traumatic brain injury) are falls and car accidents.