

# ImPact Concussion Program

Dear Parents,

Fort Worth Christian School's sports medicine is proud to offer a new software program that will provide additional help in determining the "mental" status of any athlete who suffers a concussion during high school athletics. The software program is called **ImPact** (Immediate Post-Concussion Assessment and Cognitive Testing). This program was developed by Dr. Mark Lovell from the University of Pittsburgh Medical Center's Department of Orthopaedic Surgery.

Coach Karlen, FWC head athletic trainer, requires that all male and female athletes grade 9-12 who plan to participate in **football, basketball, soccer, wrestling, or cheerleading** to complete a baseline neuropsychological test before their competitive season starts. Preseason testing is necessary because it gives the medical staff cumulative data on how an athlete's brain functions when he or she is considered "healthy and injury free."

Although any athlete can suffer a concussion in any sport, the above mentioned sports are considered to be "high risk" for concussions. Therefore, we will only require these athletes who participate in these high risk sports to complete a baseline test at this time. This software program is in NO WAY an evaluation of an athlete's intelligence or IQ level, it is simply an assessment of an athlete's mental reaction time and memory capacity before and after a head injury.

The test is conducted online in one of our many computer labs on campus. The test process will take approx 45 minutes to complete and must be supervised by the head athletic trainer. If your child has not taken the ImPact test, please contact the head athletic trainer ASAP. Contact info is provided below.

**\*Disclaimer: The ImPact test is not solely intended to determine when an athlete can return to play. The ImPact test is used by the medical staff as an additional tool to help determine the cognitive function of an athlete's brain after a concussion. Concussed athletes should be examined by a physician before return to play can be granted.**

The goal of the FWC sports medicine staff is to provide the highest quality of sports care for our student athletes. If you have additional questions about the testing procedure, please feel free to contact me anytime.

Thank you for your support.

Corry Karlen ATC, LAT  
Head Athletic Trainer  
Fort Worth Christian School  
Office: 817.281.6504 x 189  
Email: ckarlen@fwc.org (put FWC in the subject line)