

Dear Parent/Guardian,

Your school, along with Agnesian HealthCare, has implemented an innovative program for student athletes that will assist physicians and athletic trainers to evaluate and treat concussions. The key part of the program is ImpACT testing. ImpACT is a computerized exam utilized in many professional, collegiate and high school sports programs 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 head injury and when the injury has fully healed.

The computerized exam should be given to athletes before beginning their sports season. This non-invasive test is set up in “video-game” type format and takes about 25 to 30 minutes to complete. It is simple, and actually many athletes enjoy the challenge of taking the test. Essentially, the ImpACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed and concentration. It is important to have a baseline test, since most health systems are using ImpACT for return to play decisions. Studies have shown that athletes with an ImpACT baseline test return to competition an average of seven to 10 days earlier from a concussion, than an athlete that does not have a baseline test. Without a baseline test, physicians often have to be more cautious because they are not certain what is normal for that person.

If a concussion is suspected, the athlete will be referred on to a physician or clinician for evaluation. The physician or clinician will likely recommend that your student athlete take the post-injury test. Both the preseason and post-injury test data is used to help evaluate the injury. The test data will enable these health professionals to determine when return-to-play is appropriate and safe for the injured athlete.

We wish to stress that the ImpACT testing procedures are non-invasive, and they pose no risks to your student athlete. We are excited to implement this program given that it provides us the best available information for managing concussions and preventing potential brain damage that can occur with concussions. Agnesian HealthCare and your schools administration, coaching and athletic training staff are striving to keep your child’s health and safety at the forefront of the student athletic experience. Please return the backside of this letter with the appropriate signature. Without your signed permission, your child will not have a baseline test preformed and may take longer to return to play.

Sincerely,

Zach Pitz PT, DPT, LAT
Director of Musculoskeletal & Rehabilitation Services
Agnesian Center for Bone & Joint Health
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