



Baseline Testing Express - Who are we?

We are an Orlando based company that brings Baseline Testing to youth sports clubs, organizations and venues. We recognize that a Baseline Test taken BEFORE a concussion occurs provides valuable insight to the parents, clubs and athletes, WHEN a concussion occurs.

What is Baseline Testing?

Baseline Testing is a 25-30 minute computer based assessment of an athlete's brain function, ideally taken during pre-season. The assessment measures reaction time, memory capacity and speed of mental processing of the athletes brain function. In the event of a suspected concussion, the baseline test is compared to a post injury assessment. Comparing the post injury test results to the pre-injury baseline test can help health care professionals in identifying the effects of the injury and helps make more informed decisions as to when the brain is healed and a player can return to school and play.

Why is it important for a young athlete to have a Baseline Test?

Without a baseline test, an athlete's post-injury test scores are compared to the general population data, not to their own baseline. This makes it harder to determine when the player's brain is back to "normal" or pre-injury. If a player goes back to play before their brain is healed, they could risk additional injury or even death. Unlike an x-ray that can tell when a bone is healed, it is harder to determine when a brain is healed after a concussion. The comparison between a pre-injury baseline and a post injury assessment can help determine when the athlete's brain has healed when their post assessment results go back to Baseline. The Brain Injury Association of America (BIAA) recognizes the value of conducting annual baseline testing on all athletes and endorses a Baseline test as an important component to concussion management. Each concussion is unique and comparing post-injury test scores to an athlete's own baseline test score, is considered best practice.

Day of testing

- 1) Baseline Testing Express parks in designated parking spot
- 2) Baseline Testing Express secures trailer and starts generator
- 3) Baseline Testing Express sets up computer stations (up to 25) with routers for Internet access
- 4) Baseline Testing Express accesses landing page of Baseline Test within ImPACT Testing Center on each computer a. Baseline Testing Express uses the ImPACT Baseline Test. The ImPACT Baseline Test is the Gold standard for Concussion Baseline Tests.
- 5) Baseline Testing Express checks in athletes and assign a computer station to each
- 6) Baseline Testing Express administrator reviews with the athlete, what to expect during the test and instructions on taking the test a. The computer test usually takes 30-40 minutes to complete
- 7) At this point, no one has access to the Baseline Test results. Baseline Testing Express facilitator validates the test is accurate and an ImPACT Passport ID# is assigned to the athlete's Baseline Test.
- 8) Upon completion of the test, the athlete will receive a card with their personal ImPACT Passport ID# and information on what to do if a concussion is sustained in the future.

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What are Common Symptoms of a Concussion?

- Headaches
- Nausea/vomiting
- Dizziness/lightheadedness
- Fatigue
- Sensitivity to light/sound
- Foggy/confused
 - Difficulty with memory
- Altered sleep habits
- Emotional/depressed/irritable
- Poor school performance
- Do NOT necessarily have loss of consciousness
- Many other symptoms are possible

What Should be Done for a Suspected Concussion?

- Immediate removal from game/practice
- No return until evaluated by a medical professional
- Report injury to athletic trainer, coach, etc.
- Immediate emergency evaluation if worsening headaches, vomiting, drowsiness, confusion, or any other concerning symptoms
- Evaluation by a medical professional for diagnosis and treatment plan

If a concussion is suspected by your game day athletic trainer provided by Orlando Orthopaedic Center and SST Rehabilitation, call Dr. Michael McCleary of Orlando Orthopaedic Center at 407-254-4322 for post concussion evaluation, treatment, and return to play guidelines.

Thank you!