

# Baseline ImPACT Testing

Altru Physical Medicine and Therapy Services department offers Baseline Impact Testing for concussion management through Altru's Medical Fitness Center.

ImPACT (Immediate Post-Concussion Assessment and Cognitive Training) is a computer based screening to help healthcare professionals evaluate the recovery of a patient following a concussion. The individualized baseline test is used to measure recovery against testing done post injury.

Many area schools offer ImPACT testing for their student athletes and now this service is available to teens and adults that participate in high risk activities outside of middle or high school sponsored sports.

It is important to get tested to keep our athletes safe and in the game. The baseline test is available for individuals for a \$40 fee. Baseline testing is also available for groups and organizations by calling 701.780.2516.



Safe Kids Grand Forks highly recommends this testing for athletes of all skills as an aid in post-concussion management. Parents and caregivers: You pay for their jerseys, lessons and safety gear. Please consider this one essential to put on your list to obtain as part of sports participation.