

Sports Institute at Valley Health *LifeStyles*

The **American Academy of Pediatrics** has reported that emergency room visits for concussions in kids ages *8 to 13 years old has doubled*, and concussions have *risen 200% among teens ages 14 to 19* in the last decade.

Baseline neurocognitive and balance tests are helpful tools in managing post-concussion recovery, determining the need for academic accommodations, as well as when it is safe to return to play.

Pediatric ImPACT testing is now available for **ages 5 to 11** by **individual appointment**. **Individual** and **group testing** is available for **ages 12 and up**.

Additional information and upcoming dates for our group testing are below.

Group ImPACT & Balance Baseline Testing 2019 - Ages 12+

*Tuesdays: April 16, May 14, June 11, July 9, August 13
4:30pm & 6pm*

This valuable service is being provided by The Valley Hospital Sports Institute for local youth sports participants. Football, hockey, soccer, volleyball, wrestling, basketball, softball, baseball, and lacrosse are all contact sports with the highest risk of head injury - including concussions.

ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) is an innovative computerized evaluation system that assesses the effects and severity of a concussion. This can aid with recovery and academic accommodations, and help determine when it is safe for an athlete to return to contact sports following a concussion.

The new Biodex BioSway Balance testing unit is now available and provides for a psych-motor assessment of concussion injuries. This test only takes about 5 minutes. The baseline information is stored and available for comparison to assess the extent of a concussion and the athlete's readiness to return to activity safely.

Group baseline testing is suitable for athletes ages **12 and older**. Testing includes a battery of computerized neurocognitive evaluations, including attention span, working memory, sustained and selective attention time, nonverbal problem solving, and reaction time. If an athlete experiences a concussion, he or she is re-tested and the baseline data is compared to the post-concussion data to monitor recovery and to help determine when it is safe for the player to return to active sports.

***** Pre-Registration is required. Fee: \$30. Space is limited. *****

Call: 201-447-8133 to register