

# Baseline ImPACT® Testing & Concussion Care



*Evidence-based concussion evaluation, monitoring, and recovery support for children and teens*

Bristow Pediatrics is pleased to offer **baseline ImPACT® testing** and **comprehensive concussion care** for children and adolescents. Concussions can affect learning, behavior, sleep, mood, and sports participation. Our goal is to provide **accurate assessment, close follow-up, and clear guidance** to support a safe and complete recovery.

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## What Is Baseline ImPACT® Testing?

Baseline ImPACT® testing is a **computer-based neurocognitive assessment** that measures areas such as:

- Memory
- Attention
- Processing speed
- Reaction time

Having a **baseline test completed before a concussion** allows for more accurate comparison if an injury occurs, helping guide safer **return-to-learn** and **return-to-play** decisions.

Baseline testing is commonly recommended for **student athletes** and active teens before sports seasons begin.

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## Who Should Have Baseline Testing?

Baseline testing may be helpful for:

- Student athletes (middle school through high school)
  - Children participating in contact or collision sports
  - Teens with a history of prior concussion
  - Athletes with ADHD, learning differences, or migraine history
  - Families who want proactive concussion planning
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## Comprehensive Concussion Care

In addition to baseline testing, Bristow Pediatrics provides **full concussion evaluation and management**, including:

### Initial Concussion Evaluation

- Symptom assessment
- Neurologic exam
- Cognitive screening
- Academic and activity guidance

### Ongoing Follow-Up

- Symptom monitoring over time
- Repeat ImPACT® testing when indicated
- School accommodation recommendations

- Activity progression guidance

## **Return-to-Learn & Return-to-Play Planning**

- Stepwise, evidence-based recovery plans
  - Written guidance for schools and coaches
  - Emphasis on brain rest and gradual reintroduction of activity
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## **Our Approach**

Our concussion care is:

- ✓Pediatrician-led
- ✓Evidence-based
- ✓Individualized for each child
- ✓Focused on both academics and athletics
- ✓Collaborative with families, schools, and coaches

We prioritize **brain health, safety, and long-term outcomes** — not rushing a return to sports.

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## **What Families Can Expect**

Families can expect:

- Clear explanations and education
- Thoughtful monitoring of symptoms
- Support with school accommodations
- Careful decision-making about activity and sports
- Open communication throughout recovery

Every concussion is different, and recovery timelines vary. We guide families through each step.

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## **Frequently Asked Questions**

### **What age is baseline ImPACT® testing recommended?**

Baseline testing is typically recommended for **school-aged children and adolescents**, often starting in middle school, depending on sport and developmental readiness.

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## Does baseline testing diagnose a concussion?

No. Baseline testing does not diagnose a concussion. It provides a **pre-injury reference point** to help interpret post-injury testing if a concussion occurs.

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## What if my child never has a concussion?

That's great! Baseline testing is preventive and informational. If it's never needed, no further testing is required.

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## Is ImPACT® testing required by schools or sports teams?

Some schools and athletic programs recommend or require baseline testing. Policies vary by district and organization.

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## Does insurance cover concussion visits or testing?

Concussion evaluations are typically billed to insurance as medical visits. Baseline testing coverage may vary. Our staff can review billing options with you.

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## Can you provide school or coach documentation?

Yes. We provide **written recommendations**, return-to-learn plans, and return-to-play guidance as needed.

