A concussion is more than just a bump on the head!

A concussion is an injury to the brain caused by a blow or jolt to the head. Another term for concussion is mild traumatic brain injury. It can cause a feeling of being dazed, confused, disoriented and/or brief memory loss. The individual does not have to loss consciousness to experience a concussion. The person may also experience changes in physical behavior or thinking abilities. These changes can vary for each individual and can disappear within a few minutes or last for moths after the injury has occurred.

Second Impact Syndrome is a life threatening condition that can occur when an athlete sustains a second concussion before the first has fully healed. It can be difficult to determine when an athlete is ready to return because you cannot see a concussion heal.

The ImPACT concussion test is the most trusted and most recognized computer based neurocognitive assessment in the world and is specifically designed for the management of sports-related concussions. The ImPACT test helps physicians determine when it is safe for an athlete to return to competition following a concussion by measuring normal brain activity. The baseline assessment is taken prior to the athlete sustaining a concussion. The post-tests are administered after a concussion and allow the physician to accurately gauge a return to normal brain function. This helps to determine when it is safe for an athlete to return to participation and reduces the chances of Second Impact Syndrome.

For more information or to make an appointment, contact the Carolinas Concussion Network Physicians at 704-355-9200.

Directions for taking the test:
Before you begin...
Please make sure of the following before starting your exam:
1) An External mouse must be used throughout the exam. TouchPad and TrackPoint mice (typically found on laptop computers) should NOT be used.
2) If you are taking your exam on a laptop computer, make sure it is plugged into an electrical outlet and is not running on battery power.
3) Please close any applications other than ImPACT that are currently running on the computer.
4) Please choose an environment that is free of noise and other distractions (no TV, Cell Phone, talking); remember this is a test.
5) Test will take ~15-20 minutes to take.
Steps for taking baseline test:
1. [www.impacttestonline.com/carolinasmedicalcenter](http://www.impacttestonline.com/carolinasmedicalcenter)
2. Click “Launch Baseline Test” button
3. Enter ID Code: 3U2EDKDVW9
4. Follow introduction instructions and prompts
5. Select “CharlotteSoccerAcademy”
6. Follow prompts until conclusion of test