

Want to know what all the pros are doing this pre-season?



ImPACT one of the most important tools in the game to protect players.

The smart approach to concussion management

The Casa Colina Sports Medicine Center now offers ImPACT, a tool developed to help protect athletes by the world's leading authorities on concussion management. This simple 20-minute on-line test is used as a baseline to measure athletes' cognitive skills in the pre-season. Then, if an athlete suffers a possible concussion, a follow-up test can be administered so we can offer the most appropriate treatment and avoid the risk of injured athletes returning to play too soon.

The facts about concussions:

- ◆ 300,000 sports-related concussions occur annually in the U.S.
- ◆ The risk of concussion in contact sports is estimated to be as high as 19% in a season
- ◆ MRI and CT scans are not effective at diagnosing concussions
- ◆ Most athletes recover from concussions, but some experience persistent cognitive and neurobehavioral difficulties
- ◆ Second Impact Syndrome, a second blow to the head when not fully recovered from a concussion, can be lethal

Left untreated, concussions may lead to Post-Concussive Syndrome, a disabling condition that causes:

- ◆ Chronic headaches and fatigue
- ◆ Sleep difficulties
- ◆ Personality change (e.g. increased irritability, emotionality)
- ◆ Sensitivity to light/noise and dizziness when standing quickly
- ◆ Deficits in short-term memory and problem solving

We know athletes want to get back on the field as soon as possible. They may not listen to their body or understand the potential consequences of a concussion. After all, the symptoms can be subtle and easily go unnoticed by athletes, their family members, team medical staff or coaches. This is why it is so important to educate yourself about concussions. Start now with Casa Colina's ImPACT program.

ImPACT's current users include:

- ◆ National Football League
- ◆ Major League Baseball
- ◆ National Hockey League
- ◆ US Soccer Federation
- ◆ US Ski Team
- ◆ US Air Force Academy, Army and Navy
- ◆ 500+ Colleges/Universities and 1500+ High Schools



www.impacttest.com

Baseline testing, follow-up and treatment available at

To learn more, call 909/596-7733, ext. 5569

255 East Bonita Avenue (at Garey), Pomona, CA 91769
910 East Alost Avenue (at Citrus), Azusa, CA 91702



CENTERS FOR REHABILITATION

www.casacolina.org