

# THE IMPORTANCE OF BASELINE TESTING

- BETWEEN **1.6** AND **3.8** MILLION SPORTS-RELATED CONCUSSIONS OCCUR IN THE U.S. EACH YEAR
- **50%** OF ALL CONCUSSIONS GO UNDIAGNOSED
- **1** IN **5** ATHLETES WHO PLAY A CONTACT SPORT WILL SUFFER A CONCUSSION EACH YEAR
- ONLY **21%** OF YOUTH CONCUSSIONS HAPPEN ON THE FIELD

## What can you do to protect your athletes?

[ImPACT baseline testing](#) is an FDA cleared computerized test that assesses visual and verbal memory, reaction time, and processing speed before a head injury.

**Baseline testing should be completed annually for all athletes.**

*- Journal of Athletic Training*

Results from baseline testing can be compared to results from a similar test administered after a suspected concussion, known as a [post-injury test](#). Differences in scores give healthcare providers insight into the specific deficits an individual is experiencing after a concussion.

**Baseline testing makes the doctors' job easier because it gives them a starting point and a standardized way of assessing the concussion.**

*- Dr. Vinay Chopra, Sports Medicine Physician at  
Genesis Regenerative Sports and Aesthetic Medicine*