

Vanderbilt  
**Orthopaedics and  
Rehabilitation**

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Medical Fitness



## Baseline and Post-Concussion ImpACT Testing

Vanderbilt University Medical Center offers comprehensive baseline testing for athletes ages 5 years and older.

### Benefits of Baseline Testing:

- Gives a useful comparison against post-concussion abilities
- Gives medical providers knowledge to create personalized plans for recovery and return to play
- Can allow athletes to return to play sooner since coaches, athletes, parents and trainers will know goals of recovery

If an athlete who has had baseline testing suffers a concussion, we can use this data to measure:

- Complexity of the injury
- Brain systems affected
- When it's safe to return to sport

We recommend athletes have a pre-season baseline test every 2 years

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### Facility Operating Hours:

Monday - Thursday: 7 a.m. - 6 p.m.  
Friday: 7 a.m. - 5 p.m.

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**MEDICAL CENTER**

### Baseline Testing

- Single session (approximately 45-60 minutes)
- Includes:
  - Balance Assessment
  - Individual Neurologic History
  - Computerized Neurocognitive Evaluation
- ImpACT version dependent on age:
  - Pediatric ImpACT for ages 5-11
  - ImpACT for ages 12 and older
- Patient provided with printed copy of results along with ImpACT Passport ID that enables other health care providers to access results if needed
- Cost: \$30.00

### Post-Injury ImpACT Testing

- Single session (approximately 45-60 minutes)
- Includes:
  - Balance Assessment
  - Individual Neurologic History
  - Computerized Neurocognitive Evaluation
- ImpACT version dependent on age:
  - Pediatric ImpACT for ages 5-11
  - ImpACT for ages 12 and older
- Patient provided with printed copy of results along with ImpACT Passport ID that enables other health care providers to access results if needed
- Results communicated to Vanderbilt University Medical Center physician for "return to play" determination as appropriate
- Cost: \$30.00

For additional information please visit [VanderbiltHealth.com/medicalfitness](http://VanderbiltHealth.com/medicalfitness) or call (615) 322-4540 and speak with a medical fitness staff member.