***Concussion Information - General Overview***

**FOR INFORMATIONAL PURPOSES ONLY - NOT INTENDED TO PROVIDE MEDICAL ADVICE**

**PLEASE CONSULT YOUR CHILD’S PEDIATRICIAN OR ANOTHER MEDICAL PROVIDER FOR MEDICAL ADVICE APPROPRIATE TO YOUR CHILD AND HIS OR HER SITUATION**

**Baseline Testing**

**General Purpose:** To determine an individual’s typical performance PRIOR to an injury occurring. It is generally recommended that young athletes receive baseline testing on an annual basis; in the event of an injury, the baseline testing is used as a comparison to testing completed after the concussion. This can be extremely helpful in the diagnosis and management of a concussion.

There are 2 concussion tests used widely in the Pittsburgh area:

1. **ImPACT (Immediate Post Concussion Assessment and Cognitive Test**): [www.impacttest.com](http://www.impacttest.com)
   1. There are 2 versions of this test:
      1. *Pediatric ImPACT test* - administered to individuals aged 5-11 years old
      2. *ImPACT test* - administered to individuals 12 years of age and older
   2. Administered at the following locations:
      1. UPMC (locations on the South Side and Cranberry): 1-855-937-7678 or visit: <http://www.upmc.com/services/sports-medicine/services/concussion/baseline-testing/>
         * Administers both the Pediatric ImPACT test and the ImPACT test
      2. The Children’s Institute of Pittsburgh (locations in Squirrel Hill, Wexford, Norwin Hills, and Bridgeville): 412-420-2561 or visit:

<https://www.amazingkids.org/pediatric-concussion-care>

* Administers the ImPACT test

1. **C3 Logix**: www.C3logix.com
   1. One version of the test administered to all children to evaluate and manage concussions
   2. Administered through the Allegheny Health Network (locations in Wexford, Peters, Monroeville): 412-362-8677 or visit [www.ahn.org/concussion](http://www.ahn.org/concussion)

**Medical Clearance**

A child may not return to participation in an athletic activity until he or she is cleared for return to participation in writing by an appropriate medical professional.

The following are examples of such medical professionals:

1. Child’s Pediatrician
2. A concussion specialist - a list of a number of providers located in the Pittsburgh region may be found on [www.impacttest.com](http://www.impacttest.com) under the “Parents and Athletes” section
3. One of the area’s concussion clinics
   1. UPMC Sports Medicine Concussion Program (locations on the South Side and Cranberry): 412-432-3681 or visit http://www.upmc.com/Services/sports-medicine/services/concussion/
   2. The Children’s Institute(locations in Squirrel Hill, Wexford, Norwin Hills, and Bridgeville) : 412-420-2561 or visit https://www.amazingkids.org/pediatric-concussion-care
   3. Allegheny Health Network (locations in Wexford, Peters, Monroeville): 412-362-8677 or www.ahn.org/concussion

**\*\***Please note that the aforementioned concussion clinics may also help with concussion management.