

ImPACT South Africa

Concussion Management Programme



Creating a safer environment in contact sports for players of all ages through education, awareness and proper head injury management.

Decisions about when an injured athlete can return to play following a concussion can be difficult. Returning an athlete to play before COMPLETE recovery from concussion significantly increases the risk of sustaining additional, and even more severe, brain injury. Athletes often fail to report symptoms of concussion hoping they can get back to the playing field sooner. If athletes return to play too soon after sustaining a concussion, their health and the rest of the season are at serious risk.

The ImPACT program directly measures the severity and effects of concussion. The program provides objective data to help determine when it is appropriate for the concussed athlete to return to play. With ImPACT, athletes take a pre-season 20-minute computer-based test that measures brain processes such as memory, reaction time and mental speed. Following suspected concussion, athletes are tested again and performance is directly compared to their 'baseline'. This data can assist the trainer, physician or clinician in making informed decisions regarding return-to-play. Numerous studies published in major scientific journals have demonstrated the value of using ImPACT for concussion management.

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Utilised in professional & amateur sports, ImPACT is used for cognitive assessment to assist with concussion management in the following sports:

Rugby Union, including South African High Schools, New Zealand Rugby, USA Rugby

Ice Hockey, including USA Professional Team

Baseball, including 18 MLB Teams

Soccer, including Tottenham Hotspurs UK, Swedish National Team, USA major league soccer

Lacrosse, including USA National Team

American Football, including 25 NFL teams, 300+ Colleges & Universities, 1000+ High Schools

Other applications include aviation, Cirque du Soleil, military, navy, horse racing, motor sport.

Learn more about the ImPACT Concussion Management Program at: www.concussion.co.za