

Baseline Concussion Protocol

A risk of sports participation such as cycle racing is concussion. In the event of a concussion, having an assessed and repeatable personal baseline enables your recovery team to guide you to your best possible outcome. Decisions on the timing of returning to regular work, recreation and sport are much improved when there is a proper baseline for comparison.

Your baseline test will consist of 4 parts

1. A computer based neurocognitive assessment. We use the IMPACT protocol which takes 25-35 minutes. IMPACT has received FDA approval and is widely used throughout North America for it's accuracy and reliability. There is a per use fee to take the baseline assessment.
2. A balance and reaction time baseline using the SWAY protocol. If aspects of your balance are a little off (think past ankle sprains or other injuries) we want to know now rather than mistakenly assess it to effects of concussion. There is a per use fee to take the baseline assessment.
3. A Visual Ocular Motor Screen. This assessment looks at eye tracking and head motions, baselining any symptoms.
4. A neck and upper limb assessment of range of motion, strength and reflexes.

You should allow 45 – 60 minutes for a full assessment. Provided you do not have a concussion your baseline can be regarded valid for 12-24 months. Most participants in risk sports retest annually.

**Cost: \$78 and for 2017 includes the cost of the IMPACT and SWAY tests.
Receipt provided and may be submitted to health plans under Physiotherapy.**

SUITE 216 - 2211
WEST 4TH AVENUE
VANCOUVER, BC
CANADA
V6K 4S2



Booking your Baseline assessment

Your assessment will be done at the clinic by physiotherapists Lauren McGuire, Marj Belot or Matt Powell. All have completed training in pre-concussion screening and post-concussion management.

Phone the clinic at **604 7309478** to book your appointment

Important To ensure accuracy of your baseline

No strenuous exercise for 3 hours prior to testing.

Please arrive 10 minutes early *or* provide the following information before your scheduled appointment as it will speed the process. Email to info@w4pt.com

Name

Height m cm

Weight kg

Birth Date

Gender

Precise, personal and professional.

t: 604.730.9478 w: WWW.WEST4THPHYSIO.COM e: INFO@WEST4THPHYSIO.COM