



# ImPACT<sup>®</sup> Concussion Management

Dr. Shah also offers same day/next day appointments at one of his offices

*“ImPACT is a great adjunct to our concussion assessment. While not the final determinant, it is an invaluable high-tech instrument for gathering information when making return-to-play decisions.”*

**Nilesh Shah, MD**  
Medical Director, Summa Center for Sports Health

*To learn more, contact the Summa Center for Sports Health at 330-379-5356.*



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[www.summahealth.org](http://www.summahealth.org)

## ***Immediate Post-concussion Assessment and Cognitive Testing***

The likelihood of concussion in a contact sport is estimated to be as high as 19% per season. While most athletes recover, a disturbing number experience Post-Concussion Syndrome, a host of chronic cognitive and neurobehavioral problems such as:

- ◆ headache
- ◆ fatigue
- ◆ sleep difficulties
- ◆ dizziness
- ◆ personality change
- ◆ deficits in short-term memory, problem-solving and academic functioning

A second blow to the head while recovering from a concussion can have catastrophic consequences, leading to Second Impact Syndrome and even death.

Proper concussion diagnosis and management is critical to an athlete's health, yet several factors make this difficult. Athletes' symptoms can vary widely or be so subtle as to go unnoticed. Because concussion is a metabolic rather than a structural injury, it does not show up on CT, MRI or EEG. Finally, athletes often minimize or deny their symptoms so they can return to play.

## ***Summa takes the guesswork out of concussion management***

The Summa Center for Sports Health now offers ImPACT<sup>®</sup>, a concussion management instrument recognized by an international panel of sports medicine experts. Designed on a decade's worth of university research, ImPACT is the most widely used program of its kind in high school, collegiate and professional sport.

**Dr. Nilesh Shah, the Center's Medical Director, is the only Certified ImPACT Consultant in this area.** He can provide ImPACT testing and interpretation at either his Hudson (330-342-4612) or St. Thomas (330-379-5051) offices.

Summa Center for Sports Health can provide individual or team testing. Call 330-379-5356 to schedule pre-testing or for more information.

## ***How does ImPACT work?***

This computer-based testing program takes about 20 minutes and measures:

- ◆ attention
- ◆ verbal and visual memory
- ◆ processing speed
- ◆ reaction time (to 1/100th of a second)

Ideally, the athletes should be pre-tested prior to the season, and then tested again if they sustain a concussion for an objective comparison.

**HandsOnSoccer<sup>™</sup>**