

Baseline Concussion Screening for Youth

What is baseline concussion screening?

Baseline concussion screening tests brain function before a head injury occurs. It measures areas such as: attention span, working memory, sustained and selective attention time, non-verbal problem solving, and reaction time.

If a head injury occurs, the same test is administered again. The results from the before-and-after tests are then compared. The comparison helps determine the extent of the injury as well as when the brain has healed.

Why is it important?

Concussions are serious injuries. Multiple concussions or re-injury before a concussion has fully healed can cause many long-term effects, especially in children and young adults. Pre- and post-injury brain function testing can help determine the extent and severity of brain injury and help doctors, coaches and parents determine when it's safe for a child to return to play.

Who should be tested?

Children and young adults ages 11 through college-age who participate in sports or other activities that have the potential to cause head injuries. Large groups, such as club teams, may be scheduled together on the same night.

Many student athletes at Cambridge-Isanti and Braham high schools are offered baseline concussion testing as part of their involvement in athletics at the high schools, thanks to the generosity of the Cambridge Medical Center Foundation. However, for students who are not in a sport at the high school level at one of these schools, they can pay to take this baseline test at Cambridge Medical Center.

Dates/location

Monday evenings at 5:15 p.m. (session 1) and 6:15 (session 2)

at Cambridge Medical Center's Education Center (*located on Dellwood and 9th Ave. Parking and entrance on west side of building*).

Cost: \$10 (cash or check only)

Registration: Call 763-688-6427 or email cmcbaselineconcussion@allina.com
(Include child's name, birth date, requested testing date/time, and parent contact information.)

The baseline screening is administered by a Cambridge Medical Center certified athletic trainer. Results are stored at Cambridge Medical Center in a secure database accessible to Cambridge Medical Center's Non-Surgical Orthopedics & Sports Medicine physicians who have been specially trained in concussion management, for comparison with post-injury testing as one tool in the overall management process.

cambridgemedicalcenter.com



**CAMBRIDGE
MEDICAL
CENTER**

Allina Hospitals & Clinics