



TRIA is proud to partner with **Northfield Youth Hockey Association** for baseline testing and concussion education this season! As a part of this partnership, TRIA will be hosting baseline ImPACT assessments for athletes 12 years of age and older at no charge to families. TRIA athletic trainers will be available during testing sessions as a resource for parents, coaches, and athletes to answer any concussion related questions you may have.

What is a concussion?

A concussion is an injury to the brain. It is caused by a bump, blow, or jolt to the head, neck or body that results in a temporary change in normal brain function. A concussion may affect information processing, emotions, behavior, balance, vision, memory and learning. Signs and symptoms typically occur within minutes to hours after the injury happens. Each concussion is unique, therefore signs and symptoms vary by case. A detailed clinical evaluation is the only way to diagnose a concussion. There is currently no advanced imaging or blood tests that can diagnose the injury.

What is a baseline test?

A baseline ImPACT test is a neurocognitive assessment, administered on a computer that measures an individual's abilities in verbal and visual memory, processing speed, impulse control and reaction time, all of which are common cognitive difficulties which may be experienced during a concussion. After a concussion occurs, the athlete takes a similar test and the results are compared to their preinjury data to identify any changes.

Why is having a baseline test helpful?

Everyone's brain processes information differently. Having baseline information helps qualified healthcare providers understand how a concussion specifically affects an individual after the injury occurs. Comparing baseline data to post-injury data, along with a thorough exam, assists in tailoring a treatment plan specific to an individual. If no baseline data is available, an individual is compared to normative data, which may not accurately reflect an individual's specific abilities. Having a baseline provides invaluable information if a concussion occurs.

About the TRIA Sport Concussion Program

At TRIA, we are committed to the comprehensive care of all athletic injuries, including sport related concussions. The TRIA Sport Concussion Program is the only multi-disciplinary concussion program specializing specifically in return to sport and physical activity in the region. Our team of specialists are committed to providing the best concussion care based on the latest scientific research and evidence. The collaboration of physicians, neuropsychologists, athletic trainers and physical therapists all in one location, working together to develop individualized and active treatment plans for each athlete is one of the many unique aspects of the program. We understand that no two concussions are alike. Our goal is to return athletes back to their academic, social and physical activities safely and as soon as possible. We provide necessary and timely access for these patients understanding the impact this injury has on their quality of life.

Please be on the lookout for baseline testing sign up information!

For more information or to speak with a TRIA athletic trainer regarding the TRIA sport concussion program, please call 952-977-0467 or visit tria.com/sport-concussion