



The Inova Sports Medicine Concussion Program is pleased to offer

Baseline Concussion Testing

- Includes both ImPACT and VOMS assessments
- Test organization and administration coordinated by Inova's concussion specialists
- Individual and group testing sessions offered by appointment
- Multiple testing locations available to best accommodate the individual or group

How To Register For a Baseline Testing Session

Step 1: Visit www.inova.org/concussion/portal

Step 2: Click  button

Step 3: Follow registration instructions

Step 4: From athlete dashboard, click  button

Step 5: Select the test time that best fits your schedule

Frequently Asked Baseline Testing Questions

How long will testing take?

The baseline testing session typically takes 35-45 minutes. We start promptly at the scheduled testing time.

What is involved in baseline testing?

The testing session includes administration of a computerized neurocognitive test, the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT), which is the most widely used computerized neurocognitive test. In addition, we administer the Vestibular/Ocular Motor Screening (VOMS).

To learn more about these tests visit the Inova Sports Medicine website at: www.inova.org/sportsmedicine

How often does a concussion baseline need to be repeated? Every season, every year, never?

We recommend that athletes receive a new baseline every year until age 14 and every other year above the age of 14.

Is there any physical testing?

There is no physical testing.

How do athletes, parents and coaches learn more about concussions and the baseline testing process?

Visit www.inova.org/inova-sports-medicine/concussion/education to view free online concussion education for athletes, parents and coaches. Also, while the athletes complete the baseline testing session Inova's concussion specialists provide parents/coaches in-person education. The educational presentation includes information about the testing process, concussion recognition and management techniques and concludes with a open Q&A session with the concussion specialist.

Contact Inova Sports Medicine's Physician-Based Concussion Team

Concussion Hotline: 703.970.6427

Email: IMGSportsMedicine@inova.org

Visit: www.inova.org/inova-sports-medicine/concussion/baseline-testing