

Sports Medicine

Many of you have recognized over the past couple years through personal experience and information in the media that the diagnosis and treatment of sports concussions has significantly changed from when we were young athletes. We, in the sports medicine community, have placed a greater emphasis on the treatment of concussions by using new treatment tools. Within Indiana, a group of sports medicine physicians have formed a network called the Indiana Sports Concussion Network, with the goal of improving the care of concussions sustained by athletes.

As a sports medicine physician, a member of the Indiana Sports Concussion Network, and a father of an OLMC student, I would like to help make available one of the newer concussion management tools to OLMC athletes. This tool is called ImPact Neurocognitive Test. The purpose of this computer program is to measure categories of brain functioning in athletes that can be injured with concussions. This test is extremely helpful to physicians as we attempt to determine when athletes have completely recovered from a concussion and can then return to play. The test is recommended to be completed at the beginning of a season to give us "baseline" data for the athlete, which should indicate their "normal" brain functioning before an injury. If an athlete then has a concussion, he or she will then take the test again after the injury. The post-injury test scores need to be at least equal to the baseline test to help show complete recovery of the brain from the concussion. Thus, the ImPact scores are a great asset to the sports medicine physicians when we treat concussions.

The test can easily be taken by athletes 12 years and older. It is a web-based test and can be taken at a home computer with a cost of \$5.00. The test results will be stored and available to you when needed. The recommendation is that the test scores be used only by physicians who are trained and certified to evaluate and use the test data. The following are physicians on the Northside who are certified:

Dan Kraft, Riley Sports Medicine/ Methodist Sports	317-817-1636
Henry Feuer, Methodist Sports	317-817-1200
Terry Horner, Methodist Sports	317-817-1200
Pat Kersey, St Vincent Sports Performance	317-415-5747
Todd Arnold, St Vincent Sports Performance	317-415-5747

With a daughter who attends OLMC and is involved in athletics, I am excited to make the ImPact Test more easily available to the OLMC athletes and their parents. I truly believe the ImPact Test is **absolutely** the best medical investment (for the cost) that you can make in the life of your young athlete. I have enclosed information regarding the actual mechanics of registering and having your son/daughter to complete the baseline test. If you have any questions, please feel free to call my office at 817-1636. Thank you and I hope all of you have a wonderful school year.

Sincerely,
Dan Kraft M.D.
Riley Sports Medicine