

## What is baseline testing?

- Symptoms are very poor indicators of recovery! Studies have shown significant deficits in ATP levels, balance, reaction time, memory, visual processing, strength, physical capacity, etc., even after the athlete feels 100%. This demonstrates feeling better and actual recovery are two very different things!
- Baseline testing is an important component to a comprehensive concussion management program. Baseline tests are given to athletes PRE-season to establish an individual athlete's normal, pre-injury performance and to provide the most accurate and reliable benchmark against which post-injury assessments can be compared. This allows more appropriate decisions to be made regarding when the athlete has fully recovered and can return to play.
- Young athletes are highly recommended to do baselines. Especially since children and adolescents are more susceptible to these injuries and also take longer to recover since the brain is still developing.

## Baselines help manage the recovery!

### Comprehensive Testing:

Tests include: Visual & Auditory Memory, Visual & Auditory Concentration, Orientation & Mental Status, Visual Tracking & Processing Speed, Balance (using force-plate technology), Reaction Time, Motor Performance, and ImPACT.

- all tests are evidence-based

- In-depth, comprehensive baseline testing
- Proper progression through return-to-learn and return-to-play stages following injury (via collaboration with schools and coaches)
- Neurorehabilitation of any deficiencies or longer duration symptoms



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## COMPLETE CONCUSSION MANAGEMENT

Baseline Concussion Testing

Post-Injury Diagnosis and Return to Play Management

Concussion Rehabilitation

**Fee covered by your extended health care benefits**

**SPORTS MEDICINE**  
AND REHABILITATION