



ELEVATION HEALTH

BASELINE CONCUSSION TESTING

AND WHY IT'S IMPORTANT.

What is a Baseline Concussion Test?

Baseline testing is a series of physical and cognitive tests that provides a pre-injury overview of an individual's healthy brain function. The reason that the test is termed a "baseline" is that it is done BEFORE one gets injured therefore is the gold standard to compare their post concussion results to. Each person's baseline test offers healthcare practitioners an objective benchmark to strive to help return that person to. In order to know when one has fully recovered, we first have to know where they were pre concussion. Without having this information, there remains questions to truly know when an individual has fully recovered to their normal cognitive and physical levels and when it is safe to return to their sport. Following a suspected concussion, a player should be immediately removed from play, assessed, and placed on complete rest in order to recover from the energy deficit. Studies have shown that any activity, both mental and physical, in the immediate days following concussion can delay the process of recovery and should be avoided until completely symptom-free. Baseline concussion testing is an important step to complete prior to beginning your sports (contact or non contact) season. Recommended for ages 5 and up and to complete every two years for children. To book a Baseline Concussion Test and Concussion Education Session, contact us and our Client Care Coordinators would be happy to assist you.



What do we do here at Elevation Health:

- SCAT 5
- CRANIAL NERVE TESTING
- NECK RANGE OF MOTION
- SYMPTOM ASSESSMENT SHEET

Additionally, we provide education on concussion symptoms, the importance of honestly reporting concussions and concussion symptoms and recommendations on return to learn and return to play

Our Contact

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Improving your health is what drives us!