

What is Banner Concussion Center's BrainStamp Program?

- Concussion baseline testing is a series of performance tests used to gather information about how a person functions in a normal state and is performed by the Banner Sports Medicine and Concussion Center.
- This pre-injury status of neurological function or "BrainStamp" could then be used to compare performance if that person should ever sustain a concussion.
- It is important to note that this testing is not intended to be a diagnostic tool.

How Does Baseline Testing Work?

- Baseline testing is completed when you are healthy and uninjured. This is done to understand your functional abilities at your unaffected level, which is considered your normal.
- Baseline testing are tools (combined with a check of your concussion symptoms and other assessments) that doctors use to evaluate your cognitive status after a head injury.
- Baseline testing should be completed every year, just like a physical. For athletes, baseline testing is performed prior to the start of their sport season.

How Is My Baseline Testing Information Used If a Concussion Is Suspected?

- If a concussion is suspected, a healthcare provider will have you complete a post-injury test, and they will compare the results to your baseline test.
- By comparing the two results (as well as using information from the physical exam and other assessments done in office), they'll be able to know the extent of impairment after the concussion.
- For athletes who need to go through a return to play protocol to be cleared to return to sports, they'll need to return to their baseline levels of functioning on all objective assessments.

Why Is Baseline Testing Important?

- Concussion treatment is improved with baseline testing, because healthcare providers know more about the specific type of physical and cognitive difficulty you are experiencing after a concussion, so they can individualize treatment to help you feel better. This can help guide recommendations for school, rest, exercise, etc.
- Baseline testing aids the provider in understanding your concussion recovery, because doctors have a better idea of the level of functioning you need to achieve to be considered fully recovered. The best comparison of an injured patient's status is to themselves in a healthy state. Without baseline testing, you do not know what an individual's personal "normal" is.

