



www.bodyactivefitness.com

Dear Norwood-Fontbonne Academy Parents,

It is my pleasure to have teamed up with Norwood-Fontbonne Academy to help ensure the safety of your sons and daughters by providing pre-season baseline concussion testing for athletes within the NFA Athletics Program.

Concussions can happen in any sport, at any level. Our knowledge of concussions and their management is changing rapidly, but we know that having a *valid*, neurocognitive baseline test is a very important step toward helping your son or daughter recover from a concussion. More importantly, having a valid baseline test is a valuable tool which will help make a smart, safe decision about when it is safe to allow your son or daughter to return to activity, whether football, soccer, cheerleading, or even returning to the classroom.

Body Active uses ImPACT computerized neurocognitive testing software. This is the same program used by the NFL, NHL, Major League Baseball, the U.S. Armed Forces, as well as hundreds of colleges/universities and high schools. ImPACT is a 15-20 minute test which measures the individual's brain function with respect to memory, reaction time, processing speed, plus focus and concentration. The baseline data is stored away securely and privately, until a concussion (or suspected concussion) happens. If you son or daughter sustains a concussion, contact me, Bill Wardle, to take a follow-up test. I will perform an evaluation (if you have not already seen your doctor) and administer a follow-up test. I will forward the baseline AND follow-up data to your doctor if further evaluation is necessary. If you need a referral to a concussion specialist, Body Active has a strong network of physicians for referral.

Testing is advised for ALL athletes from age 11 or older (5th grade and up.) A new baseline test should be established *every two years*, starting in grade 5, due to growth and development of the athletes. Through a special arrangement with Anne Porter in the NFA athletic department, testing will be offered for all interested families in the computer lab at NFA; dates and times will be announced shortly. The cost for this testing will be \$18 which includes the baseline test, as well as the first follow-up test if an injury does occur. *In some cases where the athlete has a longer recovery, subsequent follow-up tests are required; this will be an additional \$15 charge if necessary.*

I can be reached by phone or email to answer any questions you may have about concussion management and baseline testing. In the meantime, please visit my website for more information about concussion management and the other services Body Active, Inc. offers.

Yours in Good Health,

William Wardle, MS, ATC

Owner/Athletic Trainer, Body Active, Inc.

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Helmet? 

Shoulder Pads? 

Jersey? 

Concussion testing? 

You wouldn't start the game without the right equipment. Why would you start the season without concussion baseline testing?

**BODY
ACTIVE,
INC.**

**Body Active, Inc.
Concussion Management**

**Knowing when to return-to-play is the
most important decision**

- ◇ The use of computerized neurocognitive testing is a critical component in any return-to-play decision following a concussion
- ◇ *Body Active, Inc.* is an independent, mobile testing organization that administers **ImPACT™** concussion testing
- ◇ Administering a pre-season baseline test helps to assess the athlete's recovery by comparing post-injury, follow-up test results
- ◇ *Body Active, Inc.* facilitates the return-to-play decision by performing evaluations and sharing ImPACT test data with your physician
- ◇ *Body Active, Inc.* provides concussion awareness education to teams, coaches, and parents
- ◇ Call or email *Body Active, Inc.* today to schedule an appointment for baseline testing

