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Baseline testing for concussion awareness this week

Monday, April 12, 2010

The Ridgewood News

Ridgewood middle-school student athletes are invited to participate in a comprehensive concussion awareness program this week, sponsored by the Ridgewood High School Sports Medicine program.

The program will include ImPACT baseline neurocognitive testing, concussion education and access to an ImPACT credentialed physician. The test will be administered at RHS on Tuesday, April 13 at 7:30 p.m.; Thursday, April 15 at 7:30 p.m.; and Saturday, April 17 at 9 and 10 a.m.

The program is a fund-raiser for the RHS Sports Medicine Program and a fee of \$25 is required for participation in the program.

Concussions have become a national epidemic, said Nick Nicholaides, an athletic trainer at Ridgewood High School (RHS), "and we feel that education and proper management is vital for our youth."

The results of the baseline neurocognitive test can be compared to subsequent neurocognitive tests following a suspected concussion in order to properly manage the injury and make appropriate return to play decisions, Nicholaides said.

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As part of the program, Dr. Thomas Bottiglieri, an ImPACT credentialed consultant who helps manage RHS student concussions, will give a presentation on concussion management and awareness on Tuesday, April 13 from 7:30 to 8:30 in the RHS campus center.

To enroll a student in the program, email Christine Shippee at fiveshippees@aol.com to make an appointment. Include your child's name, grade and first and second session choice. Only 28 computers are available for each time slot, so a reservation is mandatory and will be made on a first-come, first-served basis. Additional information and instructions will be sent in a confirmation email.

For more information, contact Nicholaides at 201-670-2800, ext. 20740.

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