



HEAD SMART is a community program that offers baseline concussion screening to children and youth involved in local sports. HEADSMART is working with Western graduate student researchers to build a database for baseline performance. This database will help all future children and adolescents who suffer a concussion.

Baseline testing is an assessment that is carried out by trained professionals typically and ideally before an athlete has had exposure to training or activity that may cause an injury. The test takes approximately 15 minutes to complete. The purpose of the testing is to obtain an overview or a “snapshot” of the athlete’s normal physical and cognitive functioning. In the event of a suspected concussion or a head injury during play, the test provides useful information to help health care professionals make decisions regarding safe return to activity, school and play.

There is a growing consensus about the seriousness of concussions and a hunger for more information, especially from parents whose children are actively involved in sports.

On Saturday April 11th, The HEADSMART team collaborates with NeuPhysio Rehabilitation and Foster Townsend, Graham and Associates of London Ontario, and team up with Novus Rehabilitation to offer FREE baseline testing to all youth.

9 am - 4 pm

BASELINE TESTING

Nichols Arena, 700 Homeview Road, London

Be informed, be prepared, come to get tested!