



Concussion awareness has moved to center stage recently and for good reason. It is estimated that 1 in 5 high school athletes will experience a concussion in any given season, and those who receive a concussion can be twice as likely to endure a second one. This can result from an improper diagnosis or not waiting long enough to heal after the initial injury.

Because outward signs and symptoms of a concussion vary depending on severity, immediate and accurate concussion recognition and treatment is highly important, especially in young athletes.

ImPACT™:

Immediate Post-Concussion Assessment and Cognitive Testing

ImPACT™ is the most widely used and scientifically validated computerized concussion evaluation system. The ImPACT™ test takes about 25 minutes to complete and includes several features that improve concussion assessment.

- ImPACT™ measures an athlete's:
 - Attention span
 - Working verbal and visual memory
 - Impulse control
 - Processing speed
 - Non-verbal problem solving
 - Reaction time (measured to 1/100th of a second)
- ImPACT™ provides trustworthy baseline test information
- ImPACT™ assists physicians in making challenging return-to-play decisions

SIGNS of a **CONCUSSION?**
Call 616.738.3884 for an appointment.



Concussion Stats

- Concussion rates for high school athletes more than doubled between 2005 and 2012.
- Sports are the second most common cause of brain injury, only behind vehicle crashes.
- Less than 10% of sports-related concussions involve the loss of consciousness.
- Concussion symptoms can delay up to 48 hours.
- 140,000 high school athletes suffer from a concussion each year nationwide.
- 75% of male concussions are due to football.
- 50% of female concussions occur in soccer.
- 33% of high school athletes will report two or more concussions in the same year.
- Initial concussions are problematic, but a second and third injury can cause permanent long-term brain damage or death.

As one of seven Credentialed ImPACT™ Consultants™ (CICs) in Michigan, Dr. Courtney Erickson-Adams is the regional authority on concussion management. Dr. Erickson-Adams offers concussion education and response training for coaches and athletic trainers.

Dr. Erickson-Adams is a specialist in recognizing, evaluating and treating concussions. As an ImPACT™ CIC, she is equipped with state-of-the-art neurocognitive assessment tools and cutting-edge treatment options, leading to more accurate decisions regarding the safe return of individuals to normal activity.

For Coaches and Athletic Trainers

As a CIC, Dr. Erickson-Adams offers the most scientific approach to concussion management available. She assists coaches and trainers in documenting a baseline of concussion awareness — including athlete education — and helps establish an emergency protocol for athletic department staff to follow.

The ImPACT™ exam suggests that athletes are given a pre-season baseline test every two years, which will help assess balance, brain function, and any other signs of a concussion. Pre-season preparation helps make sports safer by knowing more about athletes and the symptoms of concussions. Knowing a concussion expert is in West Michigan will help ease the minds of trainers if one of their athletes endures a concussion.

About Dr. Courtney Erickson-Adams



Dr. Erickson-Adams specializes in non-surgical treatments for sports-related and active lifestyle injuries. She joined Bone & Joint Center from East Lansing, Michigan where she completed her fellowship in Primary Care Sports Medicine at Michigan State University. At MSU, she worked as a team physician for several sports teams, including the women's basketball where she was involved in the Big Ten and NCAA tournaments.



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