



Ascension

Concussion T.E.A.M.

Concussion Baseline
Assessments by Field
Neurosciences Institute



Treatment Education Awareness Management
Make the T.E.A.M.



Did You Know:

Young children and teens are more likely to get a concussion and take longer to recover than adults.

The St. Mary's of Michigan Concussion T.E.A.M. (Treatment, Education, Awareness, Management) provides care in the treatment and prevention of concussions. It is the next step in sports medicine, offering services that include education and baseline assessments provided by the Field Neurosciences Institute (FNI), as well as post-concussion care and physical therapy.

Why Baseline Assessments?

A baseline assessment is a test performed by a trained healthcare professional that is done pre-season or before a concussion happens.

The purpose of a baseline assessment is to measure normal functioning in multiple areas of the brain that are commonly affected following a concussion. This way, if an athlete does get a concussion, we can compare their post-injury state to their baseline parameters to help make an accurate diagnosis.

How can Baseline Assessments help with Recovery and Diagnosis?

By having a baseline assessment on file for comparison after injury, we get a clear picture of that individual athlete's situation. This allows us to:

- Create a specialized recovery plan
- Make an objective determination for readiness for return to learn and play
- Ensure that not only have symptoms subsided but the brain has healed and returned to its pre-injury state

TRAZER

TRAZER is our concussion management and baseline assessment tool. Unlike standard cognitive tests, TRAZER is an interactive sports simulator that mimics active gameplay. It makes it difficult, if not impossible, to cheat the test and reduces the risk of premature Return to Play clearance.

TRAZER: How it Works

By using 3D graphics, full body sensing, advanced measurement tools and analytics, this technology provides previously immeasurable information about an athlete's performance capabilities. This data also can be compared to future Return to Play tests.

- **TRAZER Tests:** depth perception, visual acuity, peripheral awareness and anticipation skills
- **TRAZER Measures:** heart rate, reaction time, acceleration, and velocity
- **TRAZER Detects:** symptoms that may only be apparent with increased physical activity

TRAZER Baseline Assessment

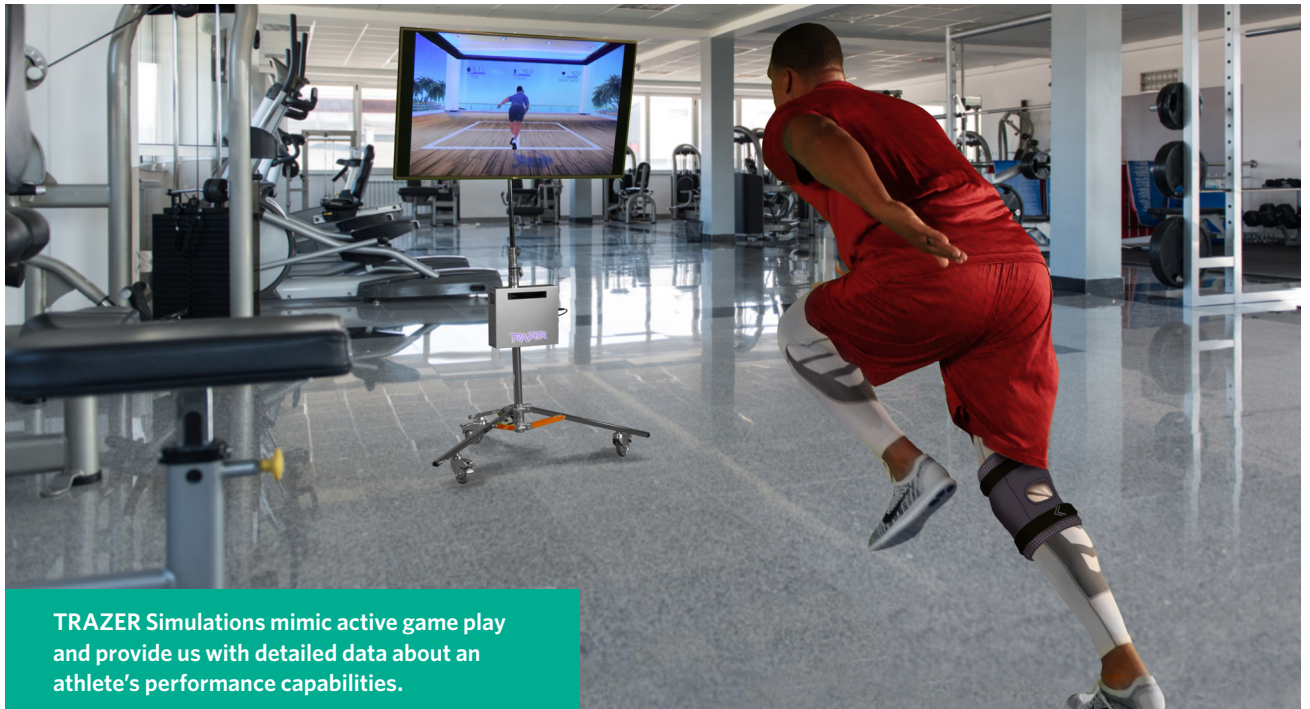
- Fun 10-13 minute test
- Recommended for all athletes and active youth ages 10+

Importance of Baseline Assessments for Parents/Athletes:

- Ensure safety/health
- Full Return to Play with lessened risk of re-injury
- Avoid more serious injury
- Limit lost time from school/sports/work

Importance of Baseline Assessments for Coaches/Trainers/Healthcare Providers:

- Ensure safety/health of athletes
- An objective tool to make Return to Play decisions
- Avoid risk of unreported symptoms
- Easy to read pre/post injury reports to back up Return to Play documents
- Lessen risk of Second Impact Syndrome



TRAZER Simulations mimic active game play and provide us with detailed data about an athlete's performance capabilities.



Did You Know:

Continuing physical activity with a concussion can result in longer recovery time, time missed from school, and interference in social life.

FNI Concussion Baseline Program

The Concussion Baseline Program provides FREE baseline assessments to local schools, community programs and sports clubs. This program is made possible by generous donations from FNI supporters who seek to further its mission of prevention, early diagnosis, care and cure of neurological diseases, disorders and injuries.

Give your brain time to heal. It is better to miss one game than a whole season.

Did you Know...



A concussion is a traumatic brain injury.



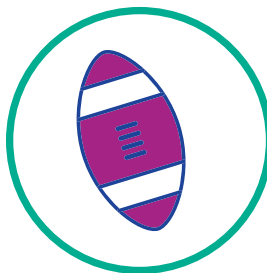
140,000 high school students suffer concussions each year.



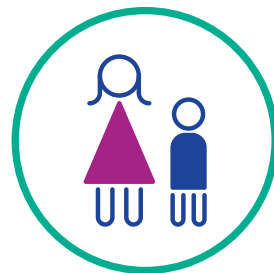
Most concussions occur without loss of consciousness.



40% of teens have been reported to hide concussion symptoms.



Athletes who have had a concussion are at increased risk for another.



Girls tend to be more susceptible to concussions than boys.

To schedule your school or sports organization for a FREE onsite assessment session, email ConcussionClinic@ascension.org.

St. Mary's of Michigan Concussion T.E.A.M.

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Saginaw, MI 48604
concussionclinic@ascension.org

Baseline Assessments

Field Neurosciences Institute
Phone: (989) 497-3118

Concussion Clinic

Located at St. Mary's of Michigan
Neurosurgery Office
Phone: (855) 298-9888

