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**FOR IMMEDIATE RELEASE**

**UPMC SPORTS MEDICINE WILL PROVIDE PHYSICAL EXAMS AND ImPACT<sup>®</sup>  
CONCUSSION BASELINE TESTS FOR HIGH SCHOOL ATHLETES IN WINTER  
SPORTS AND BOD POD<sup>®</sup> BODY COMPOSITION TESTS FOR WRESTLERS**

**PITTSBURGH, Oct. 18** –For local high school athletes participating in winter sports, UPMC Sports Medicine will provide mandated pre-season physical examinations and optional musculoskeletal screenings and ImPACT<sup>®</sup> concussion baseline testing. In addition, UPMC will provide Bod Pod<sup>®</sup> body composition assessments, geared for high school wrestlers, but available to athletes of other sports as well.

These services will be provided on Saturday, Oct. 30, by appointment only, beginning at 9 a.m., at the UPMC Center for Sports Medicine, 3200 South Water St. on Pittsburgh’s South Side. To make an appointment for any or all of the tests, please call (412) 432-3770 by Wednesday, Oct. 27. No walk-ins will be accepted.

**Physical Exams and Musculoskeletal Screenings**

The routine physical examinations are required by the Pennsylvania Interscholastic Athletic Association (PIAA) for inter-high school sports participation. The musculoskeletal screenings, not required by the PIAA, will include tests of muscle strength and flexibility and posture. Sports medicine physicians, certified athletic trainers and physical therapists will conduct the exams and screenings.

“Pre-season evaluations are important for growing athletes because they can help identify pre-existing medical conditions or musculoskeletal deficits that may need special attention to prevent injury or illness,” said Gaetano Sanchioli, certified athletic trainer who is coordinating the assessments.

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### **Concussion Baseline Tests – ImPACT<sup>®</sup>**

ImPACT<sup>®</sup> (Immediate Post-concussion Assessment and Cognitive Testing), the first and most widely used computerized concussion evaluation system, has been proven useful in the proper management of a sports concussion should the injury occur during the season. Used by more than 400 high schools nationwide, it includes a 20-minute, pre-season baseline test that athletes take on a computer that measures neurocognitive function such as brain processing, speed, memory and visual motor skills. The data are collected and stored. In the event of a concussion during the season, the athlete would take the ImPACT test again and post-concussion data would be compared to baseline data to help determine the severity and effects of the injury. Under the direction of a team athletic trainer or physician, the athlete usually takes the test several times in the days following injury to help determine recovery progress, demonstrate when the athlete's neurocognitive function has returned to pre-season scores and determine when it is safe for the athlete to return to contact sports.

Research has shown that a concussed athlete who returns to contact sports too soon before the brain has healed is at greater risk for further, more serious injury," said Mark Lovell, Ph.D., a neuropsychologist who is the director of the UPMC Sports Medicine Concussion Program and developer of ImPACT.

### **Bod Pod<sup>®</sup> Body Composition Assessment for Wrestlers and Other Athletes**

Geared for high school wrestlers but also for athletes of other sports, the center's Neuromuscular Research Laboratory (NMRL) will provide for the first time Bod Pod<sup>®</sup> body composition testing, a precise method of calculating an individual's body fat and lean body mass.

"The Bod Pod provides a quick, easy and accurate method of body composition testing. The athlete simply sits still for about three minutes inside of the Bod Pod's egg-shaped chamber while the system uses air displacement technology to measure total body mass, fat mass, lean tissue mass, body fat percentage and lean tissue percentage," said Joseph Myers, Ph.D., associate director of the NMRL and coordinator of graduate studies in sports medicine at the University of Pittsburgh School of Health and Rehabilitation Sciences. "The Bod Pod is just as accurate as underwater weighing and there is no need to have a chamber of water." The NMRL is the only facility in the region to have a Bod Pod.

“This technology serves as one of the best and quickest possible guidelines to assist physicians in certifying high school wrestlers to compete in the most appropriate and safest weight class,” said Larry Grollman, a certified athletic trainer and director of athletic training and development at UPMC. “As the regional leader in sports medicine, we are pleased to be able to bring this technology as well as other services to our area high school athletes.”

**Cost for Services**

UPMC, under contract, provides certified athletic trainers to 42 area high schools. The cost for the physical exam and musculoskeletal screening for each student of a UPMC-contracted school is \$20. The cost for a non-UPMC-contracted school is student \$25.

The cost for the ImPACT baseline test is \$40 per student. The scholastic discount cost for the Bod Pod test is \$25 per student.

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