

The NWCS athletic department and administration team has decided that high risk sports (basketball, wrestling, football, and soccer) will be required to go through baseline testing at the beginning of their season.

BASELINE TESTING WILL TAKE PLACE AT NORTHWEST CHRISTIAN. Please meet in the Activities Center Foyer.

The NWCS athletic department is taking extra measures to ensure the safety of our athletes and ensure that tests are in place to guide families and doctors if a head injury should arise. Baseline testing is an important tool that will assist coaches, medical personnel, and doctors with their diagnosis, what is normal for each athlete, and track recovery after a concussion. This information also helps ensure that athletes return to sports safely and without further injury.

We have the blessing of having NWCS alumni, Jared Friedly, an experienced Doctor of Physical Therapy and a Certified Strength and Conditioning Specialist, conducting these tests and at times assisting us on the sidelines. **Scroll down in this document to get the specific REGISTRATION DIRECTIONS for baseline testing.**

If you have any questions at all, please don't hesitate to reach out.

Information from Jared Friedly—Headstrong NW Physical Therapy:

Concussions are a serious injury that can have a significant impact on a student-athlete's health and well-being. Symptoms of a concussion can include headache, dizziness, nausea, vomiting, sensitivity to light and noise, difficulty concentrating, and problems with memory and balance. In some cases, concussions can lead to more serious health problems, such as post-concussion syndrome. Baseline testing can help assist in diagnosis and guide rehabilitation if a concussion were to occur. Oculomotor function tests assess the eyes' ability to move smoothly and accurately. Vestibular function tests assess the inner ear's ability to maintain balance. Cervical spine strength tests assess the strength of the neck muscles. This information

can help to ensure that student-athletes are able to return to sports safely and without further injury. Here are some specific examples of how baseline testing can help student-athletes:

- A student-athlete who experiences a concussion may have difficulty with balance and coordination. Baseline testing can help to identify these problems and can help to develop a plan to improve the student-athlete's balance and coordination.
- A student-athlete who experiences a concussion may have difficulty with memory and concentration. Baseline testing can help to identify these problems and can help to develop a plan to improve the student-athlete's memory and concentration.

Baseline testing is an important tool for concussion management in high school athletics. By obtaining baseline testing, coaches and medical personnel will have additional information in order to assist in diagnosis and track recovery after a concussion. This information can help to ensure that student-athletes are able to return to sports safely and without further injury.

Registration and Information

Jared Friedly, DPT will be performing baseline concussion testing during the first week of practice. Each athlete will be evaluated on his/her baseline abilities utilizing [SWAY](#). Baseline testing will be performed in a group format utilizing each athlete's smart phone. This information will be stored utilizing the HIPPA compliant SWAY platform and valid for one year from testing date.

The results of this testing will be useful in providing post injury recommendations if a concussive event occurs during that year whether during sport or injury outside of school activities. **Please keep the contact information on this form to access this information if needed.**

Registration instructions

1. Cost: \$20 per athlete (paid at time of registration)
2. Visit www.headstrongnw.com
3. Click **Schedule** tab
4. Select **“Book at Appointment at NWCS Upper Campus”**
5. Select **“NWCS Baseline Concussion”**
6. Select an available **Date** and **Time**
7. Follow the prompts on screen to sign consents and complete payment.
8. Please register with your **ATHLETE’S NAME** and not your name as a parent.

I am honored to be able to provide this service to NWCS Athletics. Please feel free to reach out to me via email or phone with any questions.

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Professionally,

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