



DID YOU KNOW ACTIVE BALANCE HEALTH CENTRE IS PART OF A NETWORK OF CLINICS THAT OFFERS THE MOST EVIDENCE-BASED CONCUSSION TESTING AND TREATMENT?

## WHAT IS A BASELINE TEST?

A SERIES OF PHYSICAL AND COGNITIVE TESTS THAT GIVE YOUR HEALTHCARE PROVIDERS A PRE-INJURY "NORMAL". WE TEST MULTIPLE AREAS OF THE BRAIN INCLUDING VISUAL PROCESSING, BALANCE, REACTION TIME, STRENGTH, MEMORY, AND MORE.

## WHY BASELINE TEST?

THE SYMPTOMS OF A CONCUSSION CAN RESOLVE DAYS TO WEEKS BEFORE YOUR BRAIN IS FULLY HEALED. THERE IS NO IMAGING OR BLOOD TEST FOR CONCUSSION, SO BASELINES ARE CURRENTLY THE **ONLY** WAY WE CAN TRULY KNOW IF YOUR BRAIN HAS HEALED!



COMPLETE  
CONCUSSIONS



*peak performance*  
ANIMAL CHIROPRACTIC

ACTIVE BALANCE  
HEALTH CENTRE



AT ABHC OUR GOAL IS TO PREVENT LONG TERM SYMPTOMS & DISABILITY FROM CONCUSSION AND GET YOU (SAFELY) BACK TO YOUR SPORT AS QUICKLY AS POSSIBLE.

GONE ARE THE DAYS OF "TOUGHING IT OUT". NOW THAT WE KNOW BETTER, WE ARE OBLIGATED TO DO BETTER.

## WHO SHOULD BASELINE TEST?

ANY ATHLETE THAT IS AT RISK OF A HIGH VELOCITY IMPACT SHOULD SERIOUSLY CONSIDER BASELINE TESTING

- INDIVIDUAL SPORTS AT HIGHEST RISK INCLUDE: CYCLING, **HORSEBACK RIDING**, SKATEBOARDING, & SNOWBOARDING
- TEAM SPORTS AT HIGHEST RISK INCLUDE: HOCKEY, FOOTBALL, RUGBY, BASKETBALL, SOCCER & BASEBALL/ SOFTBALL



COMPLETE  
CONCUSSIONS



*peak performance*  
ANIMAL CHIROPRACTIC

ACTIVE BALANCE  
HEALTH CENTRE

# SIGN UP *Sheet*



**EVENT:** YOUR LOCATION  
BASELINE CONCUSSION TESTING

**DATE:**

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