**THE CONCUSSION PLACE**

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**Baseline Testing for Contact Sports**

**What is Baseline Testing?**

Baseline testing is a test that measures how well your brain functions. Many tests measure only the cognitive function of your brain. We at The Concussion Place (TCP) measure how well your brain functions in all areas including in cognitive, balance & equilibrium, vision, motor skills and internal body communication.

**Why is Baseline Testing So Important?**

Comparing post-injury test results to baseline test results can assist health care professionals in identifying the effects of the injury and planning an effective rehabilitation program and making more informed return to school and play decisions.

**What makes The Concussion Place Baseline Test Unique?**

1. **It is Comprehensive, Full Spectrum and Dynamic.**  
   *Dynamic – Effective action and/or motion*
2. **Cannot be sandbagged like traditional, self administered cognitive only tests.**  
   *Sandbagged baseline: where the athlete purposefully scores lower on initial baseline test so that when he/she re-takes the test in event of suspected concussion, score won’t look so bad. Many pro-athletes have admitted to sandbagging.*
3. **Doctor and Medical Assistant Administered.**
4. **Includes neurologic exam to assess the nervous system, vision screening, balance & equilibrium, comprehensive health history and concussion history and more.**  
   *Nervous System – Responsible for control of body and communication of its parts.*Consists of:
   1. Brain
   2. Spinal cord
   3. Sensory organs
   4. All the nerves that connect these organs with the rest of the body

The comprehensive baseline test can also lead to performance enhancement as it will highlight areas of existing weakness that can be corrected and/or improved upon.

This testing and assessment process is 40 minutes to 1-hour & **valued at $650**. Because Dr. Gulla is committed to ensuring all our Colorado Springs and Colorado Springs Area Athletes are properly and efficiently baseline tested, he is offering the complete, Dynamic Baseline Testing and Assessment**82% off for** **only** **$120!**Many colleges and professional sports are moving toward mandatory Concussion Baseline Testing. What an investment to get this done **NOW!** It’s more then sports, it’s care for your loved ones who love sports.

**What Are Common Symptoms of A Concussion?**

**Signs Observed By Others**

* Appears dazed or stunned
* Is confused about assignment or position
* Forgets an instruction
* Is unsure of game, score or opponent
* Moves Clumsily
* Answers questions slowly
* Loses consciousness (even briefly)

**Symptoms Reported By Person w/ Concussion**

* Headache or “pressure” in head
* Nausea or vomiting
* Balance Problems or dizziness
* Double or blurry vision
* Sensitivity to light
* Sensitivity to noise
* Feeling sluggish, hazy, foggy or groggy

**When Should I Go To The Emergency Room?**

When the individual with suspected concussion exhibits one or more of the following danger signs:

* One pupil larger than the other
* Is drowsy or cannot be awakened
* A headache that gets worse
* Weakness, numbness or decreased coordination
* Repeated vomiting or nausea
* Slurred speech
* Convulsions or seizures
* Cannot recognize people or places
* Becomes increasingly confused, restless or agitated

Please go to the Emergency Room if you suspect an individual has a concussion.   
For more information, please go to our [Concussion Symptoms page](http://www.theconcussionplace.com/concussion-info/symptoms).

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