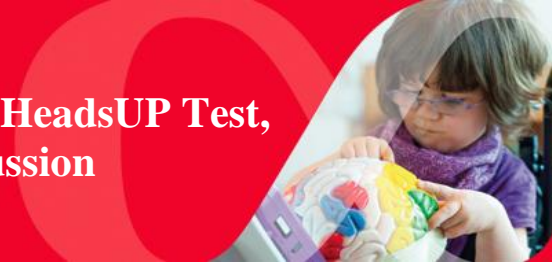


# Participate in Research

Establishing cut-points for the response options of the HeadsUP Test,  
a new measure for use with youth post-concussion

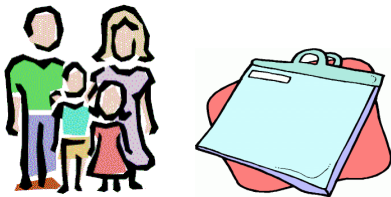


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### What is this study about?

Current concussion assessments mainly focus on issues related to attention and problem solving. The **HeadsUP Test** adds a new element to concussion testing by assessing advanced motor skills. This new test will give therapists and athletic trainers and coaches a new tool to track motor recovery after a concussion, and will help guide their decision on safe return to physical activity after concussion. The data from this study from youth who are healthy will help us finish the scoring system for the **HeadsUP Test**.

### Who can participate?

We are looking for:

- **Thirty youth ages 13 to 18 years** who have not had a concussion in the last 12 months, do not currently have an injury limiting physical activity, and do not have a serious medical condition.

### What's involved?

- A 1.5 hour testing session on the new **HeadsUP Test** at *Bloorview Research Institute*. Participants will be shown and then asked to perform the 18 speed, agility, balance, and coordination skills on this assessment. These are things like doing a triple jump, doing grapevine running pattern along the track, walking backwards on a line while naming things like sports, animal and pizza toppings (multi-task), and doing a bean bag pick-up shuttle run.

### Potential Benefits?

Youth will be helping us to improve an assessment tool that will be used to help kids who are recovering from concussions. We think that this assessment might also be fun to do.

### Potential Risks?

There is a chance children may fall during these Phys Ed class types of skills. However, the test is set up so that youth will be asked to move at the speed they are comfortable with and can decide for each skill whether they want to try it or not.