



Cambridge Health Alliance



HARVARD
MEDICAL SCHOOL
TEACHING HOSPITAL

CHAsportsMEDICINE

Concussion Management and Testing at the Cambridge Teen Health Center

Are you worried about your child having a concussion while playing sports or other activities? We want to help.

A concussion can cause serious and long-term health issues including include headaches, problems with sleeping, stomach pains, and memory loss.

Concussion management and testing is a great way to keep your child safe and healthy. Services are provided at the Cambridge Teen Health Center by Dr. Warren Bodine, a board certified Family Medicine and Sports Medicine physician and a Credentialed IMPACT Consultant.

Frequently Asked Questions

What is IMPACT concussion baseline testing?

IMPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is a computerized test given to athletes at the beginning of the season, before beginning contact sports. This test is a fun “video-game” format and takes about 15-20 minutes to finish. It tracks brain information like memory, reaction time and speed. Please note that your child must be at least 10 years old to participate.

How are concussion management and concussion baseline testing related?

Baseline concussion testing is the first step in concussion management. Concussion management uses the baseline IMPACT testing to understand an athlete's post-concussion condition, and track their recovery for a safe return to play. This prevents further effects from a concussion.

If you have not had a baseline test, you can still receive treatment for an injury post concussion. Please ask us for more information.

Do you also offer Sports Medicine consultations?

Yes, Dr. Bodine is a licensed Sports Medicine Physician. He can help with all orthopaedic and sports-related injuries including injuries to the knee, hip, shoulder, ankle and everywhere in between.

Can non-Cambridge Ridge and Latin student receive care here?

Yes, any person ages 12 – 24 can receive care here, regardless of where they attend school. Also, at Cambridge Teen Health Center, we offer other services like primary care and mental health. Ask us more about how we can help your child stay healthy!

Make an appointment today!

The concussion clinic is on Tuesdays, from 2-4 pm. To make an appointment, call **617-665-1548**.