

What is King-Devick Testing?

The King-Devick Test is a quick, objective sideline test to screen for witnessed, unwitnessed and unreported concussions. It provides an evidence based tool that can help in the detection of possible concussions on the field or sideline. While IMPACT assists clinicians in making return-to-play decisions, King-Devick assists athletic trainers and medical professionals in remove-from-play decisions.



Jake Snakenberg

Jake Snakenberg was a Colorado high school freshman football player who collapsed during a game after receiving a concussion and never regained consciousness. He died a short time later. It is believed that the week prior to his death, Jake had suffered another concussion. The Jake Snakenberg Concussion Act went into effect in January 2012, requiring coaches to undergo yearly training in concussion management and implementing specific guidelines to prevent concussion-related injuries and deaths.

Our mission:

- To educate coaches, athletes, parents and administrators and medical personnel through state-of-the-art concussion management programs.
- To manage concussed athletes with a consistent, conservative, compassionate and caring approach.
- To save brains and to save lives.



Since 2011, Rocky Khosla, MD, has been applying the latest concussion management guidelines and research to help athletes recover as fully and quickly as possible. Dr. Khosla received his bachelor's degree in micro-biology from the University of California at Los Angeles and his medical degree from Baylor College of Medicine. An avid sports enthusiast, Dr. Khosla has a Certificate of Added Qualification in Sports Medicine and Brain Injury Medicine. He is a Fellow of the American Academy of Family Physicians and is a member of the American Medical Society for Sports Medicine (AMSSM). Dr. Khosla is also a Credentialed IMPACT Consultant (CIC).

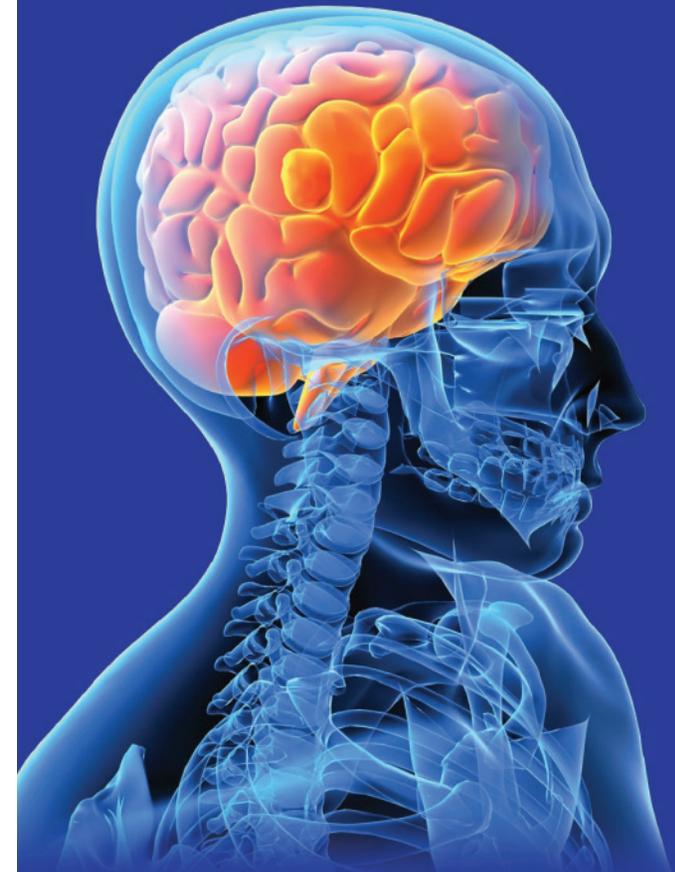
Dr. Khosla is the Medical Director of the Concussion Consultants at Centura.

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Look to Concussion Consultants at Centura Health for the timely assessment and management of sports concussions

Concussion Consultants



A concussion is a type of traumatic injury to the brain. It is a common injury, but is often difficult to diagnose and treat. Concussions can be caused by several different mechanisms including a direct blow to the head, colliding with another person or object or being struck on the body resulting in a whiplash-type motion. The injury may result in a temporary dysfunction of the brain including loss of consciousness, severe headache and/or memory, speech and balance impairment.

Concussion signs and symptoms

Athletes may have signs and symptoms from one or more of the following four domains:

- Cognitive: trouble thinking and remembering
- Somatic: dizziness, headache, nausea
- Affective: sadness, nervousness, anxiety
- Sleep related: sleeping too much or too little



If there has been a traumatic injury to the brain and any of the following are present, seek medical attention immediately:

- Severe or worsening headaches
- Sleepiness or confusion
- Restlessness, unsteadiness or seizures
- Difficulty with vision
- Vomiting, fever or stiff neck
- Slurred speech
- Bladder or bowel incontinence
- Numbness or weakness involving any part of the body

Concussion Consultants at St. Mary-Corwin Medical Center care about the health of young athletes in our community and have made a commitment to support our local athletes by:

- Donating ImpACT and King-Devick testing software to all Pueblo County middle and high schools and to Colorado State University – Pueblo athletic programs and providing free* ImpACT interpretation services.
- Implementing concussion management protocols which include a basic outline of return-to-play guidelines.
- Conducting training on a regular basis for coaches who work with athletes between the ages of 11-18 to ensure compliance with the Jake Snakenberg Act.
- Providing surrounding communities with access to concussion management programs incorporating ImpACT and King-Devick testing at reasonable prices.
- Exploring the use of teleconcussion capabilities to help outlying communities.

** If ImpACT testing is done in the individual school setting.*



Basic return-to-play outline:

- The athlete must be largely free of any symptoms of concussion at rest and with exertion.
- The athlete must be back to baseline or neurocognitive functioning.
- The athlete must be cleared by a medical professional to return to play, preferably his/her own primary care provider.

If athletes suffer another concussion before they have cleared all of the symptoms of a previous concussion, they can develop Second Impact Syndrome, which can be fatal. Repetitive concussions may increase the risk of developing neurocognitive dysfunction.

What is ImpACT?

ImpACT, which stands for Immediate Post-concussive Assessment Cognitive Testing, is a sophisticated, research-based computer test developed to help clinicians evaluate an athlete's recovery following concussion. The program begins with a 20-minute test battery administered in the preseason for a baseline. When a concussion is suspected, a follow-up test is administered to see if the results have changed from the baseline. Follow-up tests can be administered over days or weeks so you can continue to track the injury.