



## Puyallup SD - High School Concussion Baseline Testing at Olympic Sports and Spine

### Who Needs a Baseline Concussion Test?

Proof of a baseline concussion test is required by the Puyallup School District **prior** to participation in Basketball, Football, Soccer, Volleyball and Wrestling. Baseline tests are valid for two full years, the same as athletes' physicals.

### How Do I Get Tested?

Attend one of the below listed Baseline Concussion Test days.

DATE	TIME	LOCATION
Wednesday, August 3 <sup>rd</sup>	6:30pm-8:30pm	South Hill Clinic
Saturday, August 6 <sup>th</sup>	9:00am-12:00pm	East Main Clinic
Monday, August 8 <sup>th</sup>	6:30pm-8:30pm	South Hill Clinic
Wednesday, August 10 <sup>th</sup>	6:30pm-8:30pm	East Main Clinic
Saturday, August 13 <sup>th</sup>	9:00am-12:00pm	South Hill Clinic
Monday, August 15 <sup>th</sup>	6:30pm-8:30pm	South Hill Clinic
Tuesday, August 16 <sup>th</sup>	6:30pm-8:30pm	East Main Clinic
Wednesday, August 17 <sup>th</sup>	6:30pm-8:30pm	South Hill Clinic
Saturday, August 20 <sup>th</sup>	9:00am-12:00pm	East Main Clinic
Monday, August 22 <sup>nd</sup>	6:30pm-8:30pm	South Hill Clinic
Tuesday, August 23 <sup>rd</sup>	6:30pm-8:30pm	East Main Clinic

**East Main Clinic:** 1423 E Main Ave, Puyallup    **South Hill Clinic:** 16222 Meridian Ave E, Puyallup

### How Do I Schedule a Test?

Baseline Concussion Tests are provided by appointment only. To make an appointment, visit <https://www.osstherapy.com/services/baseline>

You will be asked to choose your preferred location and test time. You can expect an email reply immediately confirming the scheduled date, time and location.

Appointment times are set up to accommodate the highest volume of athletes in the most efficient way possible. Please expect the overall time for the baseline testing process to be 15-25 minutes.

Please DO NOT call any Olympic Sports & Spine clinic to schedule an appointment.

Because we anticipate that all appointment schedules will be full, we will NOT be able to accept unscheduled, walk-in appointments.

### How Much Does a Test Cost?

The cost is \$15 dollars, payable by cash, check or credit card at the time of service. Please make checks payable to Olympic Sports & Spine.