



## Puyallup School District 2023 Season 3 JH and Spring HS 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. There will be opportunities to schedule baseline appointments prior to every sports season.

### **How Do I Get Tested?**

Attend one of the below listed Baseline Concussion Test days.

DATE	TIME	LOCATION
Thursday, January 19 <sup>th</sup>	6:30pm-8:30pm	Puyallup East Main
Saturday, January 21 <sup>st</sup>	9:00am-12:00pm	South Hill Clinic
Tuesday, January 24 <sup>th</sup>	6:30pm-8:30pm	Puyallup East Main
Thursday, January 26 <sup>th</sup>	6:30pm-8:30pm	South Hill Clinic
Saturday, January 28 <sup>th</sup>	9:00am-12:00pm	Puyallup East Main
Monday, January 30 <sup>th</sup>	6:30pm-8:30pm	South Hill Clinic
Tuesday, January 31 <sup>st</sup>	6:30pm-8:30pm	Puyallup East Main
Saturday, February 18 <sup>th</sup>	9:00am-12:00pm	Puyallup East Main
Monday, February 20 <sup>th</sup>	6:30pm-8:30pm	South Hill Clinic
Wednesday, February 22 <sup>nd</sup>	6:30pm-8:30pm	Puyallup East Main
Saturday, February 25 <sup>th</sup>	9:00am-12:00pm	South Hill Clinic
Monday, February 27 <sup>th</sup>	6:30pm-8:30pm	Puyallup East Main

**Puyallup East Main:**1423 East 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 and can only be schedule online. To make an appointment, visit [www.osstherapy.com/services/baseline](http://www.osstherapy.com/services/baseline)

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.

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 card during the online registration process.

Please **DO NOT** call any Olympic Sports & Spine clinic to schedule an appointment. If you have questions, please visit our website [www.osstherapy.com](http://www.osstherapy.com) or email [baselinetesting@osstherapy.com](mailto:baselinetesting@osstherapy.com)