

Name \_\_\_\_\_  M  F Birthdate \_\_\_\_\_  
 Sport/Team/School \_\_\_\_\_  
 Examiner \_\_\_\_\_ Exam Date \_\_\_\_\_  
 Primary Care Physician \_\_\_\_\_ Phone \_\_\_\_\_  
 Prior Concussions: How many? \_\_\_\_\_ Most Recent: Date \_\_\_\_\_ Length of Recovery \_\_\_\_\_

<b>1 Symptom Evaluation</b>	
How do you feel now? Score the each symptom from 0 to 6.	
<b>none</b>	<b>mild</b>
<b>0</b>	<b>1</b>
<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>
<b>6</b>	<b>6</b>
<b>PHYSICAL</b>	<b>Score</b>
1. Headache	
2. Pressure in head	
3. Neck pain	
4. Nausea or vomiting	
5. Dizziness	
6. Blurred vision	
7. Balance problems	
8. Sensitivity (light)	
9. Sensitivity (noise)	
10. Fatigue or low energy	
11. Don't feel right	
<b>COGNITIVE</b>	
12. Feeling slowed down	
13. Feeling like in a fog	
14. Difficulty concentrating	
15. Difficulty remembering	
<b>EMOTIONAL</b>	
16. Confusion	
17. More emotional	
18. Irritability	
19. Sadness	
20. Nervous or anxious	
<b>SLEEP</b>	
21. Drowsiness	
22. Trouble falling asleep	

<b>2 Cognition/Balance Assessment</b>																															
<b>✦ ORIENTATION</b> Read these questions and check box if answered correctly: <input type="checkbox"/> What month is it? <input type="checkbox"/> What is today's date? <input type="checkbox"/> What day of the week is it? <input type="checkbox"/> What year is it? <input type="checkbox"/> What time is it now ( <i>within 1 hour</i> )? Score 1 point for each correct response (checked box). 5 points possible. <b>Orientation Score</b> /5																															
<b>✦ IMMEDIATE MEMORY</b> Read a list of five words and have athlete repeat back as many words as can be remembered, in any order. Repeat the same list again for the second and third trials. Have athlete repeat back as many words as can be remembered in any order, even if they said the word before. Complete all 3 trials regardless of score on trials 1 & 2. Read the words at a rate of one per second. <table border="1" style="display: inline-table; margin-right: 20px;"> <thead> <tr> <th>Exam 1</th> <th>Exam 2</th> <th>Exam 3</th> <th>Exam 4</th> <th>Exam 5</th> </tr> </thead> <tbody> <tr><td>Elbow</td><td>Candle</td><td>Baby</td><td>Finger</td><td>Basket</td></tr> <tr><td>Apple</td><td>Paper</td><td>Monkey</td><td>Penny</td><td>Hammer</td></tr> <tr><td>Carpet</td><td>Sugar</td><td>Perfume</td><td>Blanket</td><td>Orange</td></tr> <tr><td>Saddle</td><td>Sandwich</td><td>Sunset</td><td>Lemon</td><td>Stick</td></tr> <tr><td>Bubble</td><td>Wagon</td><td>Iron</td><td>Insect</td><td>Plant</td></tr> </tbody> </table> Score 1 point for each correct response. 5 points possible for each trial. Total equals sum of all 3 trials. (15 pts. possible) <b>Immediate Memory Score</b> /15		Exam 1	Exam 2	Exam 3	Exam 4	Exam 5	Elbow	Candle	Baby	Finger	Basket	Apple	Paper	Monkey	Penny	Hammer	Carpet	Sugar	Perfume	Blanket	Orange	Saddle	Sandwich	Sunset	Lemon	Stick	Bubble	Wagon	Iron	Insect	Plant
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<b>✦ CONCENTRATION</b> <b>A.</b> Read a string of digits at a rate of one per second. Have athlete repeat back the list of numbers in reverse order. If correct, score one point and go to next trial with one additional digit. If incorrect, score zero for that trial and subsequent trials. <table border="1" style="display: inline-table; margin-right: 20px;"> <thead> <tr> <th>Exam 1</th> <th>Exam 2</th> <th>Exam 3</th> <th>Exam 4</th> <th>Exam 5</th> </tr> </thead> <tbody> <tr><td>4-9-3</td><td>6-2-9</td><td>5-2-6</td><td>4-1-5</td><td>1-7-3</td></tr> <tr><td>3-8-1-4</td><td>3-2-7-9</td><td>1-7-9-5</td><td>4-9-6-8</td><td>6-2-9-5</td></tr> <tr><td>6-2-9-7-1</td><td>1-5-2-8-6</td><td>3-8-5-2-7</td><td>6-1-8-4-3</td><td>4-7-2-6-1</td></tr> <tr><td>7-1-8-4-6-2</td><td>5-3-9-1-4-8</td><td>8-3-1-9-6-4</td><td>7-2-4-8-5-6</td><td>6-1-3-7-2-9</td></tr> </tbody> </table> <b>B.</b> Have athlete recite months of year in reverse order: Dec-Nov-Oct-Sept-Aug-Jul-Jun-May-April-Mar-Feb-Jan A. Score 1 pt. if entire sequence per trial is correct. (4 pts. possible) B. Score 1 pt. if entire sequence is correct. (1 pt. possible) Digits Backward Total /4 Months in Reverse Order /1 <b>Total Concentration Score</b> /5		Exam 1	Exam 2	Exam 3	Exam 4	Exam 5	4-9-3	6-2-9	5-2-6	4-1-5	1-7-3	3-8-1-4	3-2-7-9	1-7-9-5	4-9-6-8	6-2-9-5	6-2-9-7-1	1-5-2-8-6	3-8-5-2-7	6-1-8-4-3	4-7-2-6-1	7-1-8-4-6-2	5-3-9-1-4-8	8-3-1-9-6-4	7-2-4-8-5-6	6-1-3-7-2-9					
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<b>BALANCE ERRORS</b> Remove shoes, roll up your pant legs above the ankle (removing ankle taping). This test will consist of three, 20-second timed tests from different stances. <b>I. Double Leg Stance:</b> Stand feet together, with hands on hips and eyes closed. Maintain stability for 20 seconds. Count number of times that person moves out of that position. <b>II. Single Leg Stance:</b> Stand holding dominant leg off the floor a few inches and maintain stability for 20 seconds with hands on hips and eyes closed. Count number of times athlete moves out of that position. If they stumble, have them open eyes and return to the start position and continue balancing. Start timing when they are set and have their eyes closed. <b>III. Tandem Stance:</b> Stand heel-to-toe with non-dominant foot in back. Weight is evenly distributed across both feet. Maintain stability for 20 seconds with hands on hip and eyes closed. Count number of times athlete moves out of that position. If they stumble out of this position, have them open eyes and return to the start position and continue balancing. Start time when they are set and eyes are closed. <i>Begin counting errors only after the athlete has assumed the proper start position. Score each stance test individually by counting the number of accumulated errors with a maximum of 10 errors per stance. If athlete commits multiple errors simultaneously, only one error is recorded but they must quickly return to the testing position, and counting resumes once they are set. If unable to maintain the stance for a minimum of 5 seconds, assign 10 errors.</i> Dominant Foot: <input type="checkbox"/> Left <input type="checkbox"/> Right Testing Surface: _____ <b>Types of Balance Errors:</b> <ul style="list-style-type: none"> <li>• Hands lifted off iliac crest</li> <li>• Opening eyes</li> <li>• Step, stumble, or fall</li> <li>• Moving hip into &gt; 30° abduction</li> <li>• Lifting forefoot or heel</li> <li>• Remaining out of test position longer than 5 seconds</li> </ul> Stance I: # of Errors (10 max.) /10 Stance II: # of Errors (10 max.) /10 Stance III: # of Errors (10 max.) /10 <b>Total # Balance Errors (30 max.)</b> /30																															
<b>FINGER-TO-NOSE COORDINATION TASK</b> With athlete seated and either arm outstretched and index finger pointed out, have athlete touch finger to tip of nose and return to starting position. Perform five successive repetitions as quickly and accurately as possible. Score 1 pt. with 5 correct repetitions in < 4 seconds <b>Total F-to-N Coordination Task (1 max.)</b> /1																															
<b>✦ DELAYED RECALL</b> Repeat back as many words as can be remembered from the group of 5 words from the Immediate Memory question above. Score one point for each word remembered (5 points possible). <b>Delayed Recall Score</b> /5																															
<b>✦ TOTAL COGNITION SCORE</b> Add individual (✦) scores. (30 pts. possible) <b>TOTAL</b> /30																															

<b>Baseline Exam Score Totals</b>	
<b>Total # of Symptoms</b>	/22
<b>Symptom Severity Score</b>	/132
<b>Total # of Balance Errors</b>	/30
<b>F-to-N Coordination Task</b>	/1
<b>Total Cognition Score</b>	/30