

THE CONCUSSION

Baseline Documentation on the Sideline

Signs and Symptoms of Concussion

After a hard hit to the head

Headache	Dinged	Change of vision
Unsteady	Dazed	Seeing stars
Dizzy	Queasy	Vacant staring
Foggy	Stunned	Nauseated
Confused	Giddy	Sensitive to light
Memory loss	Nervous	Ringing in the ears
Amnesia	Irritable	Poor concentration
Light-headed	Clumsy	Slurred speech
Sensitive to noise	Unsure	Slowed reactions
Fuzzy vision	Faint	Emotional lability
Don't feel right	Imbalance	Change of vision
Loss of consciousness (even momentary)	Disoriented	Neck pain
	Sluggish	Seizure

Any of the Following are Obvious Signs for Removal from Play

Loss of consciousness or unresponsiveness

Confusion

Amnesia (what happened before and after hit)

New and/or persistent symptoms

Abnormal neurological finding

Progressive, persistent, or worsening symptoms

If symptoms and signs worsen, especially headache and decreased alertness, recommend a visit to the Emergency Department.

Physical Sign and Symptom Screen for Cervical Spine and/or More Serious Brain Trauma

Deteriorating mental status

Any reported neck pain, tenderness, or decreased range of motion

Pupil reaction abnormal or pupils unequal

Eye movements abnormal or cause double vision

Abnormalities on screening motor or sensory exam

For questions or assistance, call a sports medicine physician at

Indiana Sports Concussion Network

317-571-8233

To discuss concussion concerns during and after games, a sports medicine physician / consultant will be available at

Concussion Hotline

317-817-1200



ASSESSMENT

Orientation, Memory, Concentration, Balance, and Symptoms

Orientation | Maddock's [of 5 points]

Where are we?	0	1
What quarter (half/period) is it right now?	0	1
Who scored last in practice/game?	0	1
Who did we play in the last game?	0	1
Did we win the last game?	0	1

Total for Orientation = _____ [of 5 points]

Word Recall | SAC [of 20 points]

Read list of words one second at a time and ask to repeat list in any order. Repeat same list with same instructions for trial 2 and 3. Do not advise there will be delayed recall.

Word List	Immediate Recall Trials	Alternative Lists	
Shoulder	_____	Yellow	Buggy
Orange	_____	Planet	Water
Kitten	1 _____	Stomach	Finger
Children	_____	Staple	Hornet
Pepper	_____	Mountain	Bicycle

Total sum of 3 Immediate Recall Trials = _____ [of 15 points]

Delayed Recall

Perform at end of all sideline testing, at least > 5 minutes

Total Delayed Recall = _____ [of 5 points]

Concentration | SAC [of 5 points]

Read string of numbers, ask athlete to repeat backwards. If correct, go to next string length; if incorrect, go to next string, same length.

Sequence Backward	Alternative Sequence Lists	
5-7-0	3-5-2	4-9-3
2-1-5-9	2-3-6-1	3-8-1-4
3-1-6-4-8	4-6-0-2-8	6-2-9-7-1
4-7-3-6-9-2	9-5-7-2-8-4	7-1-8-4-6-2

Total Correct Sequences Backwards = _____ [of 4 points]

12 Months-in-Reverse-Order

Recite the 12 months of the year backwards in < 30 seconds

Correct Months-in-Reverse = _____ [of 1 point]

Modified BESS [each error 1 point]

Three 20-second tests, eyes closed, hands on waist

Tests	Errors	Types of Errors
Double leg stance (even momentary)	_____	Opening eyes Step, stumble, or fall
Single leg stance (non-dominant foot)	_____	Hands lifted off waist Lifting forefoot or heel
Tandem stance (non-dominant foot at back)	_____	Remaining out of test position > 5 secs Moving hip into > 30 degrees abduction

Balance Score (sum of errors) = _____

Scoring

All scores should be compared with baseline for the individual athlete

Total Maddock's / SAC Scores = _____ Total Balance Score = _____

Continue monitoring. Repeat assessments may be useful to evaluate for delayed onset of symptoms.

Recommend baseline and post-concussion computer-based neurocognitive testing.

