

Concussion Signs and Symptoms Evaluation

Signs observed by coach or parent

- appears to be disoriented
- confused about or forgets assignment
- unsure of game, score, or opponent
- moves awkwardly
- answers questions slowly or unresponsive
- loses consciousness (*even temporarily*)
- shows behavior or personality change
- forgets events prior to hit (*retrograde amnesia*)
- forgets events after hit (*anterograde amnesia*)
- vomiting
- unequal eye movement or tracking
- one or both eyelids not completely open

Symptoms reported by athlete

- headache
- nausea
- balance problems or dizziness
- double or fuzzy vision
- sensitive to light or noise
- feeling sluggish
- feeling sleepy
- feeling “foggy”
- change in sleep pattern (post trauma)
- concentration or memory problems
- “ringing” in the ears

On-field Cognitive Testing

General Awareness

Ask the athlete the following questions.

- Where are you?
- What city is this?
- What is the date?
- Who is the opposing team?

Concentration

Ask the athlete to do the following.

- Repeat the months backwards, starting with the current month
- Repeat numbers backward:
Example – 15 (51 is correct), 183 (381 is correct)

Test for Anterograde amnesia

Ask the athlete to repeat any 3 words.

Example - Goal, night, fire

OR

A number combination – 4,7,9,1

The athlete must be able to remember the combination for a period of time.

Test for Retrograde amnesia

Ask the athlete the following questions.

- What is your phone number?
- What did you have for breakfast?
- What do you remember just prior to the hit?
- Do you remember the hit?

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If these signs or symptoms are reported the athlete **MUST STOP PLAYING IMMEDIATELY** and seek further evaluation. Any failure to these tests should be considered abnormal and a physician’s evaluation is recommended. Symptoms may worsen with further exertion and increase the risk of further injury or death.