

Graded Symptom Check List for Concussed Athletes

Name: _____ Sport: _____ Today's Date: _____

Date of Baseline / Post-Concussion Test: _____ Date of Concussion: _____

Parent/Guardian: If any of the following severe signs are observed, contact your physician or go to the Emergency Department for urgent care. In case of emergency, call 911.

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|---|--|---|
| <input type="checkbox"/> Headache that worsens | <input type="checkbox"/> Behaves unusually or seems confused, very irritable | <input type="checkbox"/> Unsteady on feet, slurred speech |
| <input type="checkbox"/> Looks very drowsy or can't be woken up | <input type="checkbox"/> Repeated vomiting | <input type="checkbox"/> Weakness or numbness in arms or legs |
| <input type="checkbox"/> Can't recognize people or places | <input type="checkbox"/> Seizures | |

Score a concussed athlete or your child on the following symptoms, based on how he or she feels now. Scale of 0-6, where 0 = not present, 1 = mild, 3 = moderate, and 6 = most severe.

Symptom	Time of Injury	2-3 Hours Post Injury	24 Hours Post Injury	48 Hours Post Injury	72 Hours Post Injury
Headache					
"Pressure in head"					
Neck pain					
Nausea or vomiting					
Dizziness					
Blurred vision					
Balance problems					
Sensitivity to light					
Sensitivity to noise					
Feeling slowed down					
Feeling like "in a fog"					
"don't feel right"					
Difficulty concentrating					
Difficulty remembering					
Fatigue or low energy					
Confusion					
Drowsiness					
Trouble falling asleep (if applicable)					
More emotional					
Irritability					
Sadness					
Nervous or Anxious					
Symptom Severity Score					

The Key to RECOVERY is REST. You should not participate in any high risk activities (e.g., sports, physical education, bike riding, surfing, etc.) if you still have any of the symptoms listed above. It is important to limit activities that require a lot of thinking or concentration (homework, job-related, texting or video games), as this can also make your symptoms worse. Student athletes will need help from their parents, teachers, coaches or athletic trainers to help monitor their recovery and return to activities.

Parent/Guardian's please use the above chart to monitor your child's symptoms. Should you have any questions please contact your family physician or your school's athletic health care trainer.