

Patient Name:	Date of Birth:	Date:	

Symptom Evaluation

Please score yourself on the following symptoms, based on how you feel right now.

	None	ne Mild		Moderate		Severe	
Headache	0	1	2	3	4	5	6
Head Pressure	0	1	2	3	4	5	6
Neck Pain	0	1	2	3	4	5	6
Nausea or vomiting	0	1	2	3	4	5	6
Dizziness	0	1	2	3	4	5	6
Blurred Vision	0	1	2	3	4	5	6
Balance Problems	0	1	2	3	4	5	6
Sensitivity to light	0	1	2	3	4	5	6
Sensitivity to noise	0	1	2	3	4	5	6
Feeling slowed down	0	1	2	3	4	5	6
Feeling like "in a fog"	0	1	2	3	4	5	6
"Don't feel right"	0	1	2	3	4	5	6
Difficulty concentrating	0	1	2	3	4	5	6
Difficulty remembering	0	1	2	3	4	5	6
Fatigue or low energy	0	1	2	3	4	5	6
Confusion	0	1	2	3	4	5	6
Trouble falling asleep	0	1	2	3	4	5	6
More emotional	0	1	2	3	4	5	6
Irritability	0	1	2	3	4	5	6
Sadness	0	1	2	3	4	5	6
Nervous or anxious	0	1	2	3	4	5	6

Total number of symptoms (Max 22)		
Symptom severity score (Max 132)		
Do the symptoms get worse with physical activity?	Υ	N
Do the symptoms get worse with mental activity?	Υ	N



Standardized Assessment of Concussion (SAC)

Orientation

Orientation score	out of 5	
What time is it right now?	0	1
What year is it?	0	1
What is the day of the week?	0	1
What is the date today?	0	1
What month is it?	0	1

Immediate Memory

"I am going to test your memory. I will read you a list of words and when I am done, repeat back as many words as you can remember, in any order."

Trials 2 & 3:

"I am going to repeat the same list again. Repeat back as many words as you can remember in any order, even if you said the word before."

Complete all 3 trials regardless of score on trial 1 & 2. Read the words at a rate of one per second. **Score 1 point for each correct response.** Total score equals sum across all 3 trials. Do not inform the patient that delayed recall will be tested.

	Trial 1		Trial 2		Trial 3	
Elbow	0	1	0	1	0	1
Apple	0	1	0	1	0	1
Carpet	0	1	0	1	0	1
Saddle	0	1	0	1	0	1
Bubble	0	1	0	1	0	1

Total:	
Immediate memory score total	of 15

Concentration: Digits Backward

"I am going to read you a string of numbers and when I am done, you repeat them back to me backwards, in reverse order of how I read them to you. For example, if I say 7-1-9, you would say 9-1-7".

If correct, go to next string length. If incorrect, read trial 2. One point possible for each string length. Stop after incorrect on both trials. The digits should be read at the rate of one per second.

4-9-3	0	1
3-8-1-4	0	1
6-2-9-7-1	0	1
7-1-8-4-6-2	0	1

Total of 4



Months in reverse order

"Now tell me the months of the year in reverse order. Start with the last month and go backward. So you'll say December, November ... Go ahead."

Dec-Nov-Oct-Sept-Aug-Jul-Jun-May-Apr-Mar-Feb-Jan Score of 1 if entire sequence is correct. Digits backward _____ of 5 Concentration score **Delayed Recall** The delayed recall should be performed after completion of the Balance Examination (approximately 5 minute delay) "Do you remember that list of words I read a few times earlier? Tell me as many words from the list as you can remember in any order." Elbow, apple, carpet, saddle, bubble Score 1 point for each correct response Total _____ of 5 Modified Balance Error Scoring System (BESS) Testing A stopwatch or watch with a second hand is required for this testing. Complete and score the three position stances below. "I am not going to test your balance. Please take your shoes off, roll up your pant legs above your ankle. This test will consist of three twenty second tests with different stances." (a) Double leg stance: ERRORS "The first stance is standing with your feet together with your hands on your hips and with your eyes closed. You should try to maintain stability in that position for 20 seconds. I will be counting the number of times you move out of this position. I will start timing when you are set and have closed your eyes." **(b) Single leg stance:** Foot Tested: Right Left ERRORS

"If you were to kick a ball, which foot would you use? This will be the dominant foot. Now stand on your non-dominant foot. The dominant leg should be held in approximately 30 degrees of hip flexion and 45 degrees of knee flexion. Again, you should try to maintain stability for 20 seconds with your hands on your hips and your eyes closed. I will be counting the number of times you move out of this position. If you stumble out of this position, open your eyes and return to the start position and continue balancing. I will start timing when you are set and have closed your eyes."



(c) Tandem stance: Foot Tested:	Riaht	Left	ERRORS

"Now stand heel-to-toe with your non-dominant foot in back. Your weight should be evenly distributed across both feet. Again, you should try to maintain stability for 20 seconds with your hands on your hips and your eyes closed. I will be counting the number of times you move out of this position. If you stumble out of this position, open your eyes and return to the start position and continue balancing. I will start timing when you are set and have closed your eyes."

Balance testing – types of errors

- 1. Hands lifted off iliac crest
- 2. Opening eyes
- 3. Step, stumble, or fall
- 4. Moving hip into > 30 degrees abduction
- 5. Lifting forefoot or heel
- 6. Remaining out of test position > 5 sec

Each of the 20 second trials is scored by counting the errors, or deviations from the proper stance, accumulated by the position. The examiner will begin counting errors only after the individual has assumed the proper start position. The modified BESS is calculated by adding one error point for each error during the three 20 second tests. The maximum total number of errors for any single condition is 10. If a patient commits multiple errors simultaneously, only one error is recorded by the athlete should quickly return to the testing position, and counting should resume once subject is set. Subject that are unable to maintain the testing procedure for a minimum of five seconds at the start are assigned the highest possible score, ten, for that testing condition.

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