

Concussion Exertion Evaluation

 Physician (Referral): _____ Neuropsychologist: _____
 School/Job: _____ Academic Performance (avg): _____

Injury:

Date: _____ Location of Impact: _____

MOI: _____

 Amnesia Before (Retrograde): Y N Duration: _____

 Amnesia After (Anterograde): Y N Duration: _____

 Loss of Consciousness: Y N Duration: _____

Early/Initial Signs:

 Dizziness Off-Balance Answering Questions Slowly

 Vomiting Forgetful (recent info) Visual Changes Confusion

 Seizures: Y N Details: _____

 Follow-up: ER CT Cervical Imaging Details/Findings: _____

Risk Factors:

 Concussion History: Y N # of Dx: _____ Longest Sx Duration: _____

 Multiple Concussions – Reduced force of sustain injury: Y N

 Headache History: Y N Frequency: _____

 Family History of Migraine: Y N Who: _____

 Developmental History: Y N Learning Disabilities: _____

 Attention Deficit (ADD/ADHD): Y N _____

 Developmental Disorder: Y N Dx: _____

Other Medical Disorders: _____

Current Medications: _____

 Glasses or contacts: Y N

Visual/Ocular Motor Screen (VOMS):

	Not Tested	Normal	Headache (1-10)	Dizziness (1-10)	Nausea (1-10)	Fogginess (1-10)	Comments
Baseline Symptoms							
Smooth Pursuits							
Saccades – Horizontal							
Saccades – Vertical							
Convergence							(Near Point –cm) Measure 1: Measure 2: Measure 3:
VOR – Horizontal							
VOR – Vertical							
Visual Motion Sensitivity test							

Strength Notes:

Neurologic Notes:

Posture/Mechanics Notes:

Cervical Exam:

Flexion: _____ Sidebending: L) _____ R) _____

Extension: _____ Rotation: L) _____ R) _____

 Alar ligament test: Negative Positive

 Transverse ligament test: Negative Positive

 Pain with Palpation: Y N Reproduce sx: Y N

Balance testing: Eyes open & Eyes closed

Romberg test: _____ Tandem stance: _____ Single Leg stance: _____

Exertion Test: _____ HR: _____ BP: _____ HR: _____ BP: _____

Symptoms (0-10)	Headache	Pre-Test	Post- Test
	Dizziness		
	Lightheadedness		
	Mental Fogginess		
	Mental Fatigue		
	Nausea		

Normal

Symptomatic

Cardio Exertion: HR Target 60-80% Duration: 25 mins	Bike/ Elliptical		
	Treadmill Jog/ Run		

Dynamic Circuit: 15 x each, 2 rounds	Deep Squats		
	Lunges (alt)		
	Med Ball Rotations		

Functional Testing HR Target 80%	Speed Steps (2 rounds x 1 min)		
	Fwd/Bwd Jogging (2 rounds line drill)		
	Jump Turn Ball Toss 2 way (2 x10)		
	Lateral Plyo Jumps with cone touch (1 x 30 sec)		

Sport Specific	

Abnormal Testing: _____

Normal Testing: _____