



Sports Medicine Concepts, Inc

Head Injury Warning Sheet

_____ is exhibiting concussion-like symptoms resulting from an injury sustained on _____. The athlete should be seen by a physician prior to being allowed to return to participation.

Quite often the signs of head injury do not appear immediately after trauma, but hours after the injury itself. The purpose of this fact sheet is to alert you to the signs and symptoms of significant head injuries, symptoms that may occur several hours after you leave the athletic training room. An increase in the number of these signs and symptoms or in the severity of any one sign or symptom may indicate that you that you have sustained a significant head injury that *requires immediate medical attention*. ***If the number of, or severity of, any of these signs and symptoms increases prior to your scheduled follow-up, immediately call 911.***

Concussion Signs and Symptoms

	None	Mild	Mod	Severe			
Headache	0	1	2	3	4	5	6
Pressure in head	0	1	2	3	4	5	6
Neck pain	0	1	2	3	4	5	6
Nausea/vomiting	0	1	2	3	4	5	6
Dizziness	0	1	2	3	4	5	6
Visual changes	0	1	2	3	4	5	6
Unsteadiness	0	1	2	3	4	5	6
Light hurts eye	0	1	2	3	4	5	6
Sensitivity to noise	0	1	2	3	4	5	6
Feel slowed down	0	1	2	3	4	5	6
Feel like in a fog	0	1	2	3	4	5	6
Difficulty concentrating	0	1	2	3	4	5	6
Trouble remembering	0	1	2	3	4	5	6
Feel fatigued/tired	0	1	2	3	4	5	6
Confusion	0	1	2	3	4	5	6
Drowsiness	0	1	2	3	4	5	6
Trouble falling asleep	0	1	2	3	4	5	6
Trouble staying asleep	0	1	2	3	4	5	6
Over emotional	0	1	2	3	4	5	6
Irritable	0	1	2	3	4	5	6
Unusual sadness	0	1	2	3	4	5	6
Anxious	0	1	2	3	4	5	6
Just don't feel myself	0	1	2	3	4	5	6
Just don't feel right	0	1	2	3	4	5	6

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Headache	0	1	2	3	4	5	6
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Just don't feel myself	0	1	2	3	4	5	6
Just don't feel right	0	1	2	3	4	5	6

Total number of symptoms: _____
 Symptom severity total out of possible 144
 Do symptoms worsen with physical activity?
 Do symptoms worsen with mental activity?

/24
/144
Y / N
Y / N

Total number of symptoms: _____
 Symptom severity total out of possible 144
 Do symptoms worsen with physical activity?
 Do symptoms worsen with mental activity?

/24
/144
Y / N
Y / N

What you should do:

- Avoid aspirin or ibuprofen;
- Use acetaminophen (Tylenol) for headaches. (Be careful not exceed maximum daily dosages when combining acetaminophen containing products, such as cold medicine);
- Use ice packs as needed on head or neck;
- Eat a light diet higher in carbohydrates;
- Sleep;
- Rest;
- Avoid drinking alcohol or taking other non-prescription drugs;

It is not necessary to:

- Check eyes with flashlight;
- Wake up every hour;
- Test reflexes;
- Stay in bed.

REMEMBER: There is no such thing as a mild head injury. Head injuries can present signs and symptoms that are often found humorous and/or taken too lightly. Your health may depend on the recognition of these symptoms and your decision to take them seriously!