The Texas Health Ben Hogan Concussion Centers in Dallas and Fort Worth are leading the way in concussion management. As the only dedicated, multidisciplinary sports concussion clinic in North Texas, our staff includes physicians, neuropsychologists and certified athletic trainers, all of whom have expertise in diagnosing and managing sports concussions.

The center’s comprehensive approach to concussion care includes:

• Diagnosis and treatment for concussion
• Interpretation of neurocognitive baseline and post-injury test results
• Interpretation of balance testing with the latest technology used by professional players
• Education on concussion for athletes, athletic trainers and parents

For more information on concussion management and tools you can use on the field, visit TexasHealth.org/BenHogan.
Sports Concussion Management

Concussion Signs & Symptoms Evaluation

**Signs observed by staff:**
- Appears to be dazed or stunned
- Unsure of game score or opponent
- Lack of coordination
- Poor reaction time
- Loses consciousness (even temporarily)
- Shows behavior, mood or personality change
- Forgets events prior to injury (retrograde)
- Unequal or dilated pupils
- Bleeding or clear fluid coming from nose or ears

**Symptoms reported by athlete:**
- Headache
- Nausea or vomiting
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy
- Change in sleep pattern
- Concentration or memory problems
- Light-headedness
- Easily fatigued
- Confusion

Sideline Cognitive Test

**ORIENTATION**

Ask the athlete the following questions:
- What stadium is this?
- What city is this?
- Who is the opposing team?
- What month is it?
- What day is it?

**ANTEROGRADE AMNESIA**

Ask the athlete to remember the following words:
- Girl, dog, green

**RETROGRADE AMNESIA**

Ask the athlete the following questions:
- What happened in the prior quarter/period?
- What do you remember just prior to the hit?
- What was the score of the game prior to the hit?

**CONCENTRATION**

Ask the athlete to do the following:
- Repeat the days of the week backwards
- Repeat these numbers backwards:
  - 63 (36 is correct); 419 (914 is correct)

**WORD LIST MEMORY**

Ask the athlete to repeat the three words from earlier.
- (Girl, dog, green)

Any failure should be considered abnormal. Consult a physician following a suspected concussion.

For more information about concussion management, visit TexasHealth.org/SportsConcussions

Source: www.impacttest.com

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