

Sports Medicine

Concussion Symptom Log

Your child/student either has a concussion or is suspected of having a concussion. To better track the concussion symptoms, please complete this log daily using the following scale. Please use only one number for each symptom. This is a useful tool for both medical and educational professionals to use in making accommodations for both academic and athletic activities. If there are any questions, please feel free to contact Nationwide Children's Sports Medicine at (614) 355-6000 or visit our website at www.nationwidechildrens.org/sports-medicine.

<u>None</u> 0	<u>Mild</u> 1 2	<u>Moderate</u> 3 4	<u>Severe</u> 5 6
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Date:	Initial symptoms	Current symptoms							
Headache									
Neck pain									
Numbness in extremities									
Weakness in extremities									
Nausea									
Vomiting									
Balance problems									
Dizziness									
Fatigue									
Trouble falling asleep									
Sleeping more than usual									
Sleeping less than usual									
Drowsiness									
Sensitivity to light									
Sensitivity to noise									
Irritability									
Sadness									
Nervousness									
Feeling more emotional									
Feeling slowed down									
Feeling mentally foggy									
Difficulty concentrating									
Difficulty remembering									
Total Symptom Score									

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