

Symptoms Reported by Athlete

- Headache or “pressure” in the head
- Nausea
- Vision changes (fuzzy, double, etc.)
- Sensitivity to light or sound
- Feeling slow, groggy, “out of it” or just “not right”

What to Do if Any of the Signs or Symptoms Above Occur

1. Remove the athlete from play.
2. Refer for evaluation by a health care provider experienced with concussion management.
3. Do NOT return athlete to play until cleared by an appropriate health care provider.

Our Concussion Specialists

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Children’s Hospital Sports Concussion Program

CHLA.org/Concussion

Los Angeles	323-361-2142
Arcadia	626-795-7177
Beverly Hills	310-657-1300
Santa Monica	310-315-2041
South Bay	310-303-3890
Tarzana/Encino	818-788-2981
Valencia	661-362-1240



Concussion Signs and Symptoms

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Athletes who experience one or more of the signs and symptoms below after a hit, bump or jolt to the head or body may have a concussion and should be seen by a doctor.

Observable Signs

- Clumsy movements
- Appears dazed or stunned
- Loses consciousness (even briefly)
- Confused about position or play
- Behavior, mood or personality changes
- Can’t recall events before/after the hit/fall
- Answers questions slowly
- Forgets instructions
- Vomiting

Sideline Evaluation

Ask an athlete to answer these questions and complete these tasks. If they are unable to do so correctly, they may have a concussion.

Orientation

- What period/quarter/half are we in?
- What stadium/field/gym are we at?
- What city are we in?
- Who is the opposing team?

Memory

- Ask the athlete to repeat three words (i.e. apple, baby, cat)
- Do you remember the hit?
- What happened before the hit?

- What was the score prior to the hit?
- What happened in the period/quarter/half prior to the hit?

Concentration: Ask the athlete to ...

- Recite the days of the week in backward order, starting with today
- Repeat the following numbers in reverse order:
 - 8-1 (correct 1-8)
 - 2-7-3 (correct 3-7-2)
 - 5-4-9-6 (correct 6-9-4-5)
- Recall the three words given earlier (apple, baby, cat)

Warning Signs of Severe Injury

(Send athlete to emergency room immediately)

- Severe, worsening or persistent headache
- Multiple vomiting episodes
- Increasing confusion
- Can't recognize people or places
- One pupil is larger than the other
- Loss of or sudden change in vision
- Significant irritability
- Slurred speech
- Neck pain
- Difficulty waking up
- Strange behavior
- Weak/numb arms/legs
- Loss of consciousness for more than 30 seconds
- Trouble walking
- Seizure

