

Sports Medicine

Concussion Symptom Log

Your child has been evaluated by a physician at Nationwide Sports Medicine and is being treated for a concussion. To better track the concussion, please complete this log daily using the following scale. Please use only one number for each symptom. It is important that you document the information and bring this form with you to your next scheduled appointment. The symptoms that you report may be used in future research. 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									
"Pressure in head"									
Neck pain									
Nausea or Vomiting									
Sensitivity to light									
Sensitivity to noise									
Balance problems									
Dizziness									
Blurred vision									
More emotional									
Irritability									
Sadness									
Nervous or Anxious									
Confusion									
Feeling like "in a fog"									
Difficulty concentrating									
Difficulty remembering									
"Don't feel right"									
Feeling slowed down									
Drowsiness									
Fatigue or low energy									
Trouble falling asleep									
Total Symptom Score									



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