

Post-Concussion Symptom Scale

Student:

Date of Injury:

Have the athlete rate each symptom on a scale of 0 – 6

0 = no symptom, 6 = severe

Symptom	Initial	2 - 3 hours after	Day 2	Day 3	Day 4	Day 5	Day 6
headache							
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							
numbness or tingling							
feeling slowed down							
feeling mentally foggy							
difficulty concentrating							
difficulty remembering							
blurred vision							
ringing in ears							
vacant stare/glassy eyed							