

SPINE AND SPORT BIOMECHANICAL REHABILITATION CENTER

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Sport Concussion Assessment Tool (SCAT 2)

Patient Name: _____ Date: _____

Sport: _____ Date of Injury: _____

DOB: _____ Age: _____ Gender M F

Score yourself on the following based on how you feel now:

	none	mild	moderate	severe			
1. Headache	0	1	2	3	4	5	6
2. Pressure in head	0	1	2	3	4	5	6
3. Neck Pain	0	1	2	3	4	5	6
4. Nausea or vomiting	0	1	2	3	4	5	6
5. Dizziness	0	1	2	3	4	5	6
6. Blurred vision	0	1	2	3	4	5	6
7. Balance problems	0	1	2	3	4	5	6
8. Sensitivity to light	0	1	2	3	4	5	6
9. Sensitivity to noise	0	1	2	3	4	5	6
10. Feeling slowed down	0	1	2	3	4	5	6
11. Feeling like "in a fog"	0	1	2	3	4	5	6
12. Don't feel right	0	1	2	3	4	5	6
13. Difficulty concentrating	0	1	2	3	4	5	6
14. Difficulty remembering	0	1	2	3	4	5	6
15. Fatigue or low energy	0	1	2	3	4	5	6
16. Confusion	0	1	2	3	4	5	6
17. Drowsiness	0	1	2	3	4	5	6
18. Trouble falling asleep	0	1	2	3	4	5	6
19. More emotional	0	1	2	3	4	5	6
20. Irritability	0	1	2	3	4	5	6
21. Sadness	0	1	2	3	4	5	6
22. Nervous or Anxious	0	1	2	3	4	5	6

THERAPIST SECTION ONLY

Total number of symptoms: _____ / 22 (maximum possible)

Symptom severity score: _____ (Add all scores in table, maximum possible: 22 x 6 = 132)

Do the symptoms get worse with physical activity? Y N

Do the symptoms get worse with mental activity? Y N

Overall rating

If you know the athlete well prior to the injury, how different is the athlete acting compared to his / her usual self?

Please check one response: no different very different unsure

What is the SCAT2? This tool represents a standardized method of evaluating injured athletes for concussion and can be used in athletes aged from 10 years and older. It supersedes the original SCAT published in 2005². This tool also enables the calculation of the Standardized Assessment of Concussion (SAC)^{3,4} score and the Maddocks questions⁵ for sideline concussion assessment.

Instructions for using the SCAT2: The SCAT2 is designed for the use of medical and health professionals. Preseason baseline testing with the SCAT2 can be helpful for interpreting post-injury test scores. Words in *Italics* throughout the SCAT2 are the instructions given to the athlete by the tester. This tool may be freely copied for distribution to individuals, teams, groups and organizations.

What is a concussion? A concussion is a disturbance in brain function caused by a direct or indirect force to the head. It results in a variety of nonspecific symptoms (like those listed below) and often does not involve loss of consciousness. Concussion should be suspected in the presence of **any one or more** of the following: • Symptoms (such as headache), or • Physical signs (such as unsteadiness), or • Impaired brain function (e.g. confusion) or • Abnormal behaviour.

Any athlete with a suspected concussion should be REMOVED FROM PLAY, medically assessed, monitored for deterioration (i.e., should not be left alone) and should not drive a motor vehicle.