

# PERSONAL CONCUSSION RECORD FOR PLAYERS



It is important for every player to record their concussions as they occur so that your team and doctors can be informed and as helpful as possible. Keep this record at home to keep track of your signs and symptoms, as well as to track your recovery process.

## Personal Concussion Record

Date of concussion	
Activity and location	

## Severity

	YES	NO
Loss of consciousness?		
What symptoms were experienced?		
How long did symptoms last?		
Did symptoms disappear completely?		

## Testing

Was neuropsychological testing performed?	
<i>If so, where and by whom?</i>	
Was a CT or MRI performed?	
<i>If so, where?</i>	
Name and address of most involved physician	

## Results

Was a medical clearance letter obtained before returning to sport?	
Date of return to sport	
Were any symptoms experienced upon returning to sport?	
Other comments and notes	