

Attention Team Coaches, Trainers & Physicians:

Order Your **Play It S.A.F.E.** Sideline Assessment & Follow-up Evaluation Guide Today!

Email your request to playitsafeinfo@gmail.com or call 631-612-0657

CONCUSSION IS SERIOUS - Partner with **Absolute Best Care Physical Therapy**

For your **Concussion Management Program** and let us help you answer the questions in taking the guesswork out of when an athlete can safely return to play.

Sideline Assessment Cognitive Testing 1, 2

Inability to perform any of these questions correctly is considered abnormal. Further assessment and withholding from play is recommended.

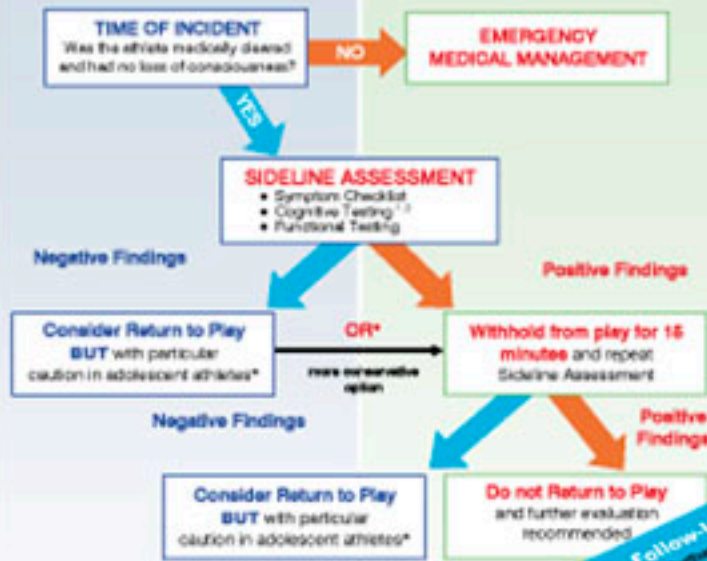
- 1) Orientation** – Ask the athlete the following questions:
 - What city is this?
 - Who is the opposing team?
 - What month is it?
 - What is the day of the week?
 - What year is it?
- 2) Anterograde Amnesia** – Ask the athlete to remember the following words:
Girl, dog, green
- 3) Retrograde Amnesia** – Ask the athlete the following questions:
 - What happened in the prior quarter/period?
 - What do you remember just prior to the hit?
 - What was the score of the game prior to the hit?
- 4) Concentration** – Ask the athlete to do the following:
 - Repeat the days of the week backwards.
 - Repeat these numbers backwards:

63 (36 is correct)
419 (214 is correct)

- 5) Word List Memory** – Ask the athlete to repeat the three words from earlier:
Girl, dog, green



Follow the **Play It S.A.F.E.**® Algorithm Sideline Assessment & Follow-up Evaluation



RED FLAGS - include but not limited to:

- Any loss of consciousness
- Inability to answer questions
- Inability to perform activities
- Athlete remains symptomatic
- Any worsening of athlete's symptoms
- Athlete appears dazed, sluggish

*NOTE: When qualified medical personnel are not available, it is recommended to use the more conservative "when in doubt, sit them out."

SOURCE: 1. SCAT2; 2. IMCT** Concussion Management
www.nflac.com

Sideline Assessment Functional Testing

Inability to perform any of these questions correctly is considered abnormal. Further assessment and withholding from play is recommended.

- 6) Oculomotor (Eye Movement)** – Ask the athlete to Follow examiner's finger left and right at a SLOW constant speed (two feet away at eye level and 30 degrees to each side).
Negative (-) Test: smoothly & freely follows the target.
Positive (+) Test: eye movements do not match the target speed and/or quick, corrective eye movements (saccades) are made in a effort to follow the target.
- 7) Romberg Stewy Analysis** – Ask the athlete to: Stand with feet together and fold arms across the chest. Instruct to "close eyes and keep looking forward".
Negative (-) Test: maintains the position for 20 seconds.
Positive (+) Test: exhibits excessive sway, feet move from the surface, arms move from starting position, eyes open, or loss of balance.
- 8) Heel-to-Toe Starline** – Ask the athlete to: Stand with one foot in front of the other (heel-to-heel) and fold arms across the chest. Instruct to hold 20 seconds eyes open then 10 seconds eyes closed.
Negative (-) Test: maintains the position.

- 9) 20 Second Jog in Place** – Ask the athlete to perform a straight line or jog 20 seconds in place.

Negative (-) Test: maintains the position and/or an increase in

Positive (+) Test: exhibits excessive sway, feet move from the surface, arms move from starting position, eyes open, or loss of balance.

10) Visual Acuity Card – Ask the athlete to read the visual acuity card on back of the head side to side and the front side to side.

Negative (-) Test: reads the lowest line possible.

Positive (+) Test: reads the lowest line possible.

11) Balance – Ask the athlete to stand on the above

Negative (-) Test: maintains the position for 20 seconds.

Positive (+) Test: exhibits excessive sway, feet move from the surface, arms move from starting position, eyes open, or loss of balance.



60 Fleets Point Drive, Suite 2
West Babylon, NY 11704
(631) 539-2629

Website: www.abcptcares.com

Email: abcpt@optonline.net

