



Tools to use on
and off the field

Ben Hogan Sports Concussion Center

The Texas Health Ben Hogan Concussion Centers in Dallas and Fort Worth are leading the way in concussion management. As the only dedicated, multidisciplinary sports concussion clinic in North Texas, our staff includes physicians, neuropsychologists and certified athletic trainers, all of whom have expertise in diagnosing and managing sports concussions.

The center's comprehensive approach to concussion care includes:

- Diagnosis and treatment for concussion
- Interpretation of ImpACT™ neurocognitive baseline and post-injury test results
- Interpretation of balance testing with the latest technology used by professional players
- Education on concussion for athletes, athletic trainers and parents

For more information on concussion management and tools you can use on the field, visit TexasHealth.org/BenHogan.

Dallas

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Fort Worth

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Texas Health
Ben Hogan Sports MedicineSM

Sports Concussion Center

Doctors on the medical staff practice independently and are not employees or agents of the hospital except for resident doctors in the hospital's graduate medical education program.

Concussion Signs and Symptoms Evaluation

Signs observed by staff:

- Appears to be dazed or stunned
- Unsure of game score or opponent
- Lack of coordination
- Poor reaction time
- Loses consciousness (even temporarily)
- Shows behavior, mood or personality change
- Forgets events prior to injury (retrograde)
- Unequal or dilated pupils
- Bleeding or clear fluid coming from nose or ears

Symptoms reported by athlete:

- Headache
- Nausea or vomiting
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy
- Change in sleep pattern
- Concentration or memory problems
- Light-headedness
- Easily fatigued
- Confusion

On-Field Cognitive Testing

ORIENTATION

Ask the athlete the following:

- What stadium is this?
- What city is this?
- Who is the opposing team?
- What month is it?
- What day is it?

ANTEROGRADE AMNESIA

Ask the athlete to remember the following three words:

- Girl, Dog, Green

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?

CONCENTRATION

Ask the athlete to do the following:

- Repeat the days of the week backwards
- Repeat these numbers backwards: 63 (36 is correct); 419 (914 is correct)

WORD LIST MEMORY

Ask the athlete to repeat the three words from earlier.

Any failure should be considered abnormal.

Consult a physician following a suspected concussion.

For more information about concussion management, visit TexasHealth.org/BenHogan or call Ken Locker at 214-345-5010.