

CONCUSSION BASELINE INTAKE FORM

A very important part of you or your child's upbringing is playing a team sport, such as rugby, soccer or Australian rules.

Learning many valuable life lessons, including teamwork, commitment, self confidence, along side the physical health benefits. However, all sports come with a risk of injury, with concussion being one of them.

Falls and knocks are inevitable, but the impacts of unresolved concussion can affect you or your child's future, including their health, movement, ability to learn and even their mood.



How can we help?



We have put together a neurological and spinal screening program.

This involves a series of tests that are related to concussion - providing valuable baseline and assessment information on how well you or your child's spine is balanced and nervous system is functioning. This can be used as a pre-season baseline score.

If you or your child sustains any knocks or falls that have resulted in concussion (or suspected concussion), these tests are then repeated. The post concussion score is compared to the original baseline score and any changes following an injury are noted.

This program is not a first point of call immediately following a concussion - your child needs to be assessed at the hospital, GP or team doctor, directly after the injury. This is designed to assess the possibility of post concussion syndrome and to ensure your child can return safely back to normal activities without any unresolved post concussion symptoms.

What happens with post concussion syndrome (PCS)?

PCS can affect many aspects of someone's life, including their ability to learn, their behavior, sleep and general sense of well being. When PCS occurs in a younger person, these symptoms can be put down to 'tricky teenagers', and they can often go unresolved.

A pre-season screening program, such as the one offered at Level Spine Chiropractic, can help to determine if an injury during the season, has had a negative impact on the health of your child's spine and nervous system.

SOME BASELINE QUESTIONS:

Name: _____ Date: _____ DOB: _____ Age: _____ Gender: M / F

Parents Names & Telephone: _____

Residential Address: _____

Email Address: _____

1) Have you or your child recently had a concussion screen or baseline assessment? Y / N

2) What type of sports do you or your child play?

3) Have you or your child had a concussion without loss of consciousness? Y / N

How many times?

Dates of concussion:

Was there any follow up treatment and screenings? Explain:

4) Have you or your child had a concussion with a loss of consciousness? Y / N

How many times?

Dates of concussion:

Was there any follow up treatment and screenings? Explain:

5) Have you or your child been cleared of a concussion but despite this you have noticed changes ie behavioral, learning, balance, coordination etc. Y / N

Did you seek treatment of further testing? Explain:

6) How many hours on average do you or your child sleep at night?

7) Do you or your child experience any form of learning difficulties? Explain

8) On a scale of 1-10 how much sugar do you or your child consume on an average week?

9) How many hours of screen screen time do you or your child view on average per day?

10) Do you or your child take any supplements? If so list below

11) Are you or your child on any medication?

12) Do you or your child have any health concerns?

If you haven't already booked a baseline concussion assessment, you can book via:

- Our website
- Calling our office (number below)
- Talking to your Chiropractor