### Anterograde Amnesia
- Ask the athlete to repeat the following words: Girl, Dog, Green

### Retrograde Amnesia
- Ask the athlete the following:
  1. Do you remember the hit?
  2. What happened in the play prior to the hit?
  3. What happened in the quarter/period prior to the hit?
  4. What was the score of the game prior to the hit?

### Concentration
- Ask the athlete to do the following:
  1. Repeat the days of the week backwards (starting with today)
  2. Repeat the months of the year backwards (starting with December)
  3. Repeat these numbers backwards: 63 (36), 419 (914), 6294 (4926)

### Word List Memory
- Ask the athlete to repeat the three words from earlier: Girl, Dog, Green

### On-Field Mental Status Evaluation
- This mental status assessment is recommended for high school-age athletes and older. Any inability of the athlete to respond correctly to the questions below should be considered abnormal.

### Signs of Deteriorating Neurological Function
- Any athlete who exhibits signs and symptoms of concussion should be removed from play and should not participate in games or practices until they have been evaluated and given permission by an appropriate health care provider. Research indicates that high school athletes with less than 15 minutes of on-field symptoms exhibited deficits on formal neuropsychological testing and re-emergence of active symptoms, lasting up to one week post-injury.

### Exertion
- Symptoms will typically worsen or re-emerge with exertion, indicating incomplete recovery. The athlete is symptom-free, provoking with exertion is recommended (e.g., 5 push-ups, 5 sit-ups, 5 knee bends, 40 yard sprint).

### Return to Play
- Return to play should occur gradually. Individuals should be monitored by an appropriate health care provider for symptoms and cognitive function carefully during each stage of increased exertion.

### Repeated Evaluation
- On-field, follow-up evaluation (e.g., every 5 minutes) is important, as signs and symptoms of concussion may evolve over time.

### Off-Field Management
- The physician should provide information to parents/caregivers regarding the athlete’s condition.
  - Should not operate a motor vehicle or participate in activities such as sports, PE class, riding a bicycle, riding carnival rides, etc.
  - May experience cognitive/behavioral difficulties at home, making it necessary to reduce physical and cognitive exertion (e.g., running, lifting weights, intensive studying) until fully recovered.
  - Should receive follow-up medical and neuropsychological evaluation, both for managing injury and determining return to sports.
