

# CONCUSSIONS

CAN BE IDENTIFIED WHILE A PERSON IS CONSCIOUS

**B.** BALANCE

**A.** ASK

**M.** MEMORY

## TESTING FOR A CONCUSSION WHILE THEY ARE CONSCIOUS

Concussions can occur anywhere, but especially in athletics. There are more concussions happening off the field than during a sporting event. When evaluating someone, there are two things to consider outside the obvious. The first is the person doesn't have to lose consciousness. Secondly, the person does not have to hit their head.

To help identify whether someone has had a concussion, use the acronym B-A-M.

**"B" STANDS FOR BALANCE.** Have the person stand with their feet together, arms crossed across their chest and their eyes closed for 20 seconds. Stay close just in case they lose their balance. If they lose their balance, they failed that test and are most likely suffering from a concussion.

**"A" STANDS FOR ASK.** Ask the person three questions.

Do you have dizziness?

Do you feel unsteady?

Are you currently having a headache?

**"M" STANDS FOR MEMORY.** Ask them to remember three words: *Day, Orange, and Goat*. Once you have told them, in a minute, ask the person to repeat the words to you. Then, three minutes later ask them to repeat it again.

If the person failed any or all of these tests, there is a likelihood they could have had a concussion. Regardless of the cause of their concussion, they need to be seen by a medical professional. Your job is to determine if they should continue the activity or not.



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