Concussion Clinical Practice Guidelines: Recommendations for Examination

Selection of tools based on patient age and required functional level relative to patient goal

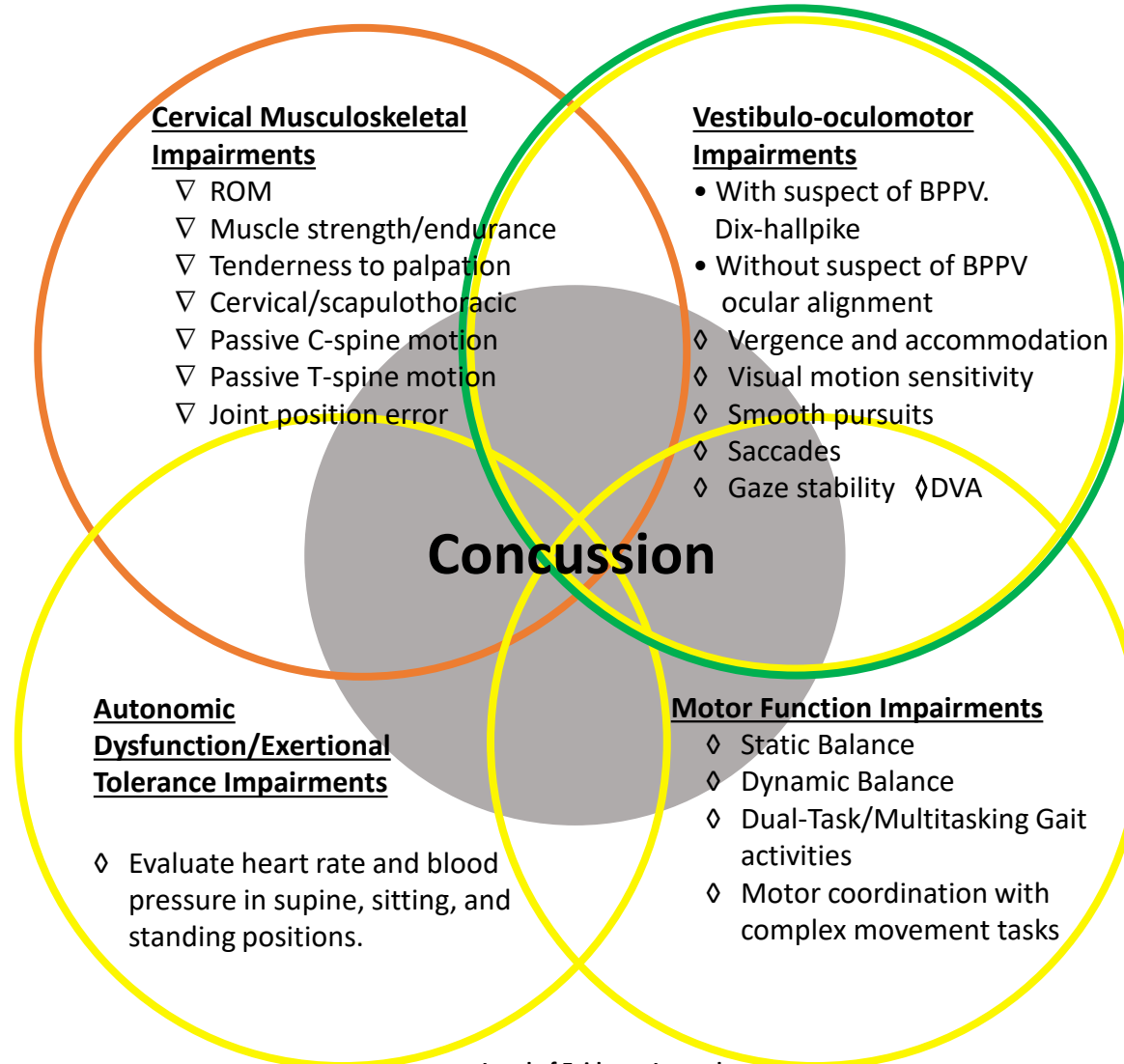**Grades of Recommendation**

- **A (strong evidence)**
- **B (moderate evidence)**
- ◊ **C (weak evidence)**
- ◊ **D (conflicting evidence)**
- ▽ **E (Theoretical/ Foundational)**
- ▽ **F (Expert Opinion)**

Cervical Musculoskeletal Impairments
- ▽ ROM
- ▽ Muscle strength/endurance
- ▽ Tenderness to palpation
- ▽ Cervical/scapulothoracic
- ▽ Passive C-spine motion
- ▽ Passive T-spine motion
- ▽ Joint position error

Vestibulo-oculomotor Impairments
- With suspect of BPPV. Dix-hallpike
- Without suspect of BPPV ocular alignment
- ◊ Vergence and accommodation
- ◊ Visual motion sensitivity
- ◊ Smooth pursuits
- ◊ Saccades
- ◊ Gaze stability ◊DVA

Concussion

Autonomic Dysfunction/Exertional Tolerance Impairments

- ◊ Evaluate heart rate and blood pressure in supine, sitting, and standing positions.

Motor Function Impairments
- ◊ Static Balance
- ◊ Dynamic Balance
- ◊ Dual-Task/Multitasking Gait activities
- ◊ Motor coordination with complex movement tasks

Level of Evidence Legend
Green – circle   Yellow – Diamond   Orange - Triangle