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)

<u>Cervical Musculoskeletal</u> Impairments

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

<u>Vestibulo-oculomotor</u> <u>Impairments</u>

- 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
For more detailed information, please refer to the original document: Journal of Orthopaedic & Sports Physical Therapy
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