

## Gardner-Webb Head Injury Recovery Scale

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Sport: \_\_\_\_\_

Below are 25 symptoms that are common with concussion. Please read each symptom carefully and report how you would experience each of them during a normal "AVERAGE DAY" (24 hour period). If you would not normally experience the symptom, circle "0" and move on to the next symptom. If you would normally experience the symptom during an "AVERAGE DAY" please rate how long "DURATION" that symptom would be present during the 24 hour period (using the "1-5" scale). If you do experience the symptom please use the next scale to rate how bad the symptom is for you on your "AVERAGE DAY" (SEVERITY) ("0" = not severe at all, "5" = as severe as possible).

	SYMPTOM DURATION						SYMPTOM SEVERITY					
	never	-----				always	not severe at all		-----			
Headache	0	1	2	3	4	5	0	1	2	3	4	5
Nausea (sick to stomach)	0	1	2	3	4	5	0	1	2	3	4	5
Difficulty balancing	0	1	2	3	4	5	0	1	2	3	4	5
Fatigue	0	1	2	3	4	5	0	1	2	3	4	5
Dizziness	0	1	2	3	4	5	0	1	2	3	4	5
Neck Pain	0	1	2	3	4	5	0	1	2	3	4	5
Drowsiness	0	1	2	3	4	5	0	1	2	3	4	5
Sensitive to light	0	1	2	3	4	5	0	1	2	3	4	5
Sensitive to noise	0	1	2	3	4	5	0	1	2	3	4	5
Feel "in a fog"	0	1	2	3	4	5	0	1	2	3	4	5
Feel "slowed down"	0	1	2	3	4	5	0	1	2	3	4	5
Difficulty remembering	0	1	2	3	4	5	0	1	2	3	4	5
Irritability	0	1	2	3	4	5	0	1	2	3	4	5
Trouble falling asleep	0	1	2	3	4	5	0	1	2	3	4	5
Sadness	0	1	2	3	4	5	0	1	2	3	4	5
Sleep more than usual	0	1	2	3	4	5	0	1	2	3	4	5
Nervousness	0	1	2	3	4	5	0	1	2	3	4	5
Numbness	0	1	2	3	4	5	0	1	2	3	4	5
Difficulty concentrating	0	1	2	3	4	5	0	1	2	3	4	5
Depression	0	1	2	3	4	5	0	1	2	3	4	5
Tingling	0	1	2	3	4	5	0	1	2	3	4	5
Problems with vision	0	1	2	3	4	5	0	1	2	3	4	5
Unusually emotional	0	1	2	3	4	5	0	1	2	3	4	5
Vomiting (throwing up)	0	1	2	3	4	5	0	1	2	3	4	5
Blurred vision	0	1	2	3	4	5	0	1	2	3	4	5