

# Back To Action Chiropractic PCS/MTBI Symptom Check List

Name \_\_\_\_\_ Date \_\_\_\_\_

## Cognitive (“Thinking Skill”) Problems

- Attention or concentration (mind wanders; easily distracted; can not keep focus)
- Short term memory loss, “forgetfulness”, or trouble learning new things
- Trouble remembering old things (remote memory)
- Finding the right word when talking
- Understanding what is said and/or what is read
- Making decisions or solving problems
- Planning or organization
- Making more mistakes than usual or not catching your mistakes
- Slower speed of thinking
- Getting lost or disoriented (even in familiar places)
- Trouble alternating attention or “juggling” several things at once
- Disorganized or confused thinking

## Physical Symptoms

- Dizziness
- Periods of “blacking out” or seizures
- Problems with coordination of hands, feet, or legs (drop things more; balance problems)
- Stuttering or slurring
- Change in the senses of smell or taste
- Blurry or double vision
- Ringing in the ears
- Headaches
- Fatigue
- More sensitive to bright light and/or loud noises
- Tingling or numbness in legs or arms

## Emotional Symptoms

- Feelings of sadness and depression
- Crying spells or weepiness
- Suicidal thoughts or intentions
- Decreased or increased emotion (circle one)
- Low motivation
- Decreased or increased sex drive (circle one)
- Decreased or increased appetite (circle one)
- Decreased interest in “fun” activities
- Difficulties with sleeping (getting to sleep or staying asleep)
- Irritability/easily frustrated
- Feelings of anxiety or fear