



Total Test Time: 30-35 minutes

1. Word Memory

One at a time 12 random, simple words are shown for 1.5 seconds. Then the same 12 words are shown again for 1.5 seconds.

**Ice**                      **Doctor**  
**Steam**                  **Bike**  
**Soup**                    **Gold**

Individual words then appear and you are asked if each word shown was one of the original words by clicking yes or no.

2. Design Memory

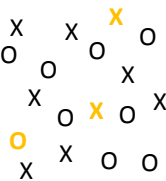
One at a time, 12 random, squiggly patterns are shown for 1.5 seconds. Then the same 12 squiggly patterns are shown again for 1.5 seconds.



Individual patterns then appear and you are asked if each pattern shown was one of the original patterns by clicking yes or no.

3. X's & O's

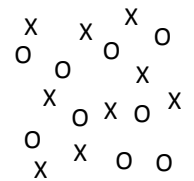
A screen with a mix of X's and O's appears with three letters highlighted in yellow.



Then there's a speed test. As quickly as possible, hit the Q button when the red circle appears and the P button when the blue square appears.

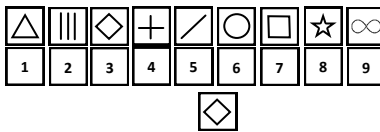


The original X's and O's appear and you have to remember which three letters were yellow by clicking them.

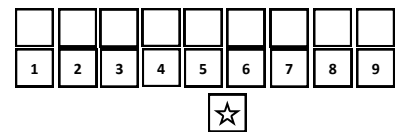


4. Symbol Match

Nine symbols are displayed. A single shape appears below and you click the box with the matching shape above.

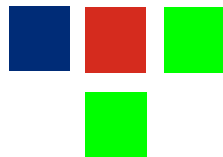


Eventually the symbols disappear above. You will be asked to click the box that matches where the shape was shown before.

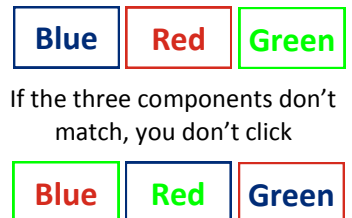


5. Color Match

Three colored squares are shown on the screen. Another square appears below and you will have to click the color above that matches the color below.

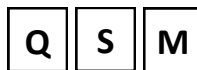


Next you will see a colored box with a word inside. If the box color, word color, and word match you click in the box as quickly as possible.



6. Three Letters

You are shown, and asked to remember three letters.



A grid of numbers is shown. You are asked to quickly count backward from 25 to 1.

13	15	16	20	18
1	23	7	3	9
11	14	21	6	19
24	8	4	17	5
10	25	22	2	12

You are asked to type the three letters into the boxes.



THE FINAL TEST:

You will be asked to repeat sections 1 and 2 to see how many words and squiggles you can remember.

**24/7 Concussion Hotline: 703.970.6427**

Contact the Inova Sports Medicine Concussion Program for more information about our post-injury concussion management and individual or group baseline testing sessions.

Website: [inova.org/SportsConcussion](http://inova.org/SportsConcussion)

Email: [IMGSportsMedicine@inova.org](mailto:IMGSportsMedicine@inova.org)



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