



## SIMPLE CONCUSSION DETECTION

### KING-DEVICK TEST PREVENTS FURTHER BRAIN DAMAGE FROM CONCUSSIONS

#### WHAT IS IT?

For more than 25 years, the King-Devick Test has been used as a tool in eye care and in psychologists' office in relation to saccadic eye movements and their relationship to reading. It has also been part of many states' vision screening battery. Only recently has it proven effective in quickly, easily and accurately identifying if someone has suffered a concussion.

- The Minneapolis Heart Institute Foundation found young athletes are at risk of "second-impact" syndrome with 14%, or 261 cases, of all sudden deaths among young athletes from 1980-2009 caused by players who died after they had already sustained a concussion a few days to four weeks beforehand.

#### HOW DO YOU DO IT?

First, you display three flash cards with a series of numbers on them to an uninjured athlete and record the time it takes them to read them out loud.

You then display the test to the athlete again if they suffer head trauma and have them read the numbers again. If an athlete is more than five seconds slower compared to their baseline test, then they can be confidently diagnosed as suffering a concussion.

#### WHO CAN DO IT?

Anyone. The test is an easy and rapid sideline screening test for concussions that can be administered by parents, coaches, athletic trainers, medical professionals and others.

#### WHY DO IT?

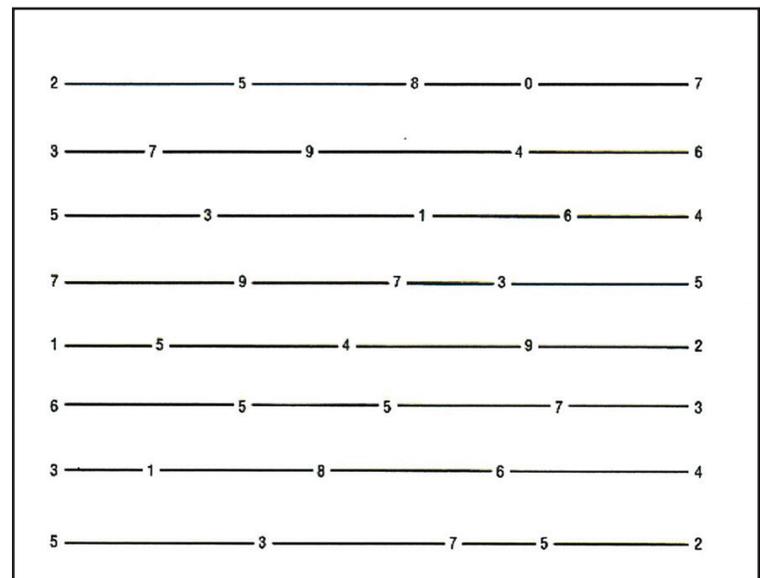
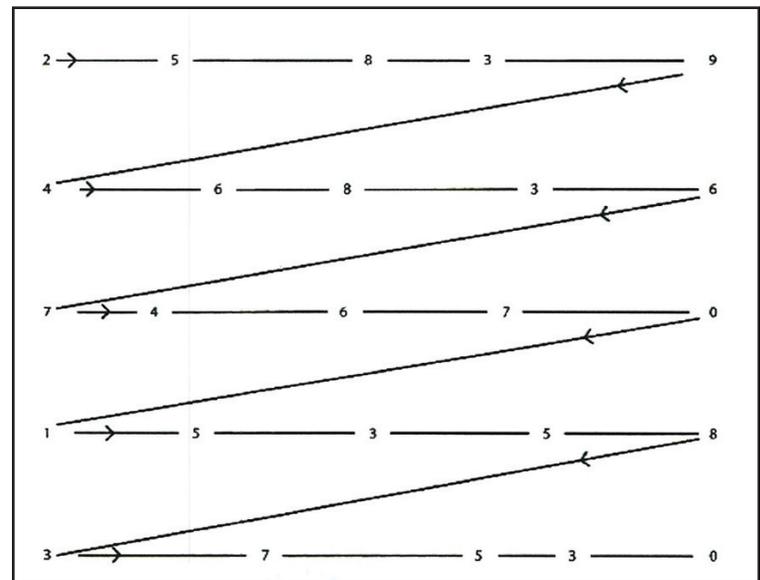
The King-Devick Test has proven in studies to be an objective, accurate and reliable method at a time when medical research shows a link between concussions and brain damage and a form of dementia called chronic traumatic encephalopathy. CTE can cause symptoms such as chronic headaches, fatigue, sleep difficulties, sensitivity to light and noise, dizziness and short-term memory loss.

#### THE FACTS:

- It's estimated that every season, 1 in 5 U.S. athletes in a contact sport suffers a concussion and more than 3.5 million sports-and-related concussions occur each year in the United States.

- Statistics from the Center for Disease Control show that the chance of a 30-49 year old man receiving a diagnosis of dementia, Alzheimer's or another memory related disease is 1 in 1,000, while for an NFL retiree who is the same age the ratio is 1 in 53.

#### KING-DEVICK TEST EXAMPLES



## TESTIMONY:

*“I’m sure several of the protocols being implemented today would have protected guys from sustaining multiple head injuries during their careers in my day. It is an easy tool to determine if the athlete should be removed from play to prevent a second head injury, which we now know can have more serious complications if the brain has not yet healed from the first concussion.”* – **Michael Haynes, NFL Hall of Fame cornerback and current NFL Alumni’s Health & Wellness Committee chairman**

*“This is an old visual test that has now shown great potential as a quick sideline assessment of concussions. It’s easy to administer and easy to teach and anyone can do it, not just a medical professional. We need coaches and others to start using this rapid survey so they can say, ‘OK, this kid is done.’”* – **Dr. Enrico Esposito, United States Sports Academy’s Chair of Sports Medicine**

## OTHER SOURCES:

- To see a sample of the King-Devick Test flash cards, visit:  
<http://i2.cdn.turner.com/cnn/2011/images/02/02/king.devick.jpg>
- To watch a video explaining the simple test, go to:  
<http://kingdevicktest.com/concussions/>
- To read more about the University of Pennsylvania School of Medicine study published in the journal *Neurology* on April 26, 2011 see:  
<http://kingdevicktest.com/news/index.html>



## ABOUT THE UNITED STATES SPORTS ACADEMY

The Academy is the largest graduate school of sport education in the world and the only freestanding school of sport education in America with accredited programs at the bachelor’s, master’s and doctoral levels.

The Academy is an independent, non-profit, accredited, special mission sports university created to serve the nation and the world with programs in instruction, research and service. The role of the Academy is to prepare men and women for careers in the profession of sport and research shows nearly 75% of our graduates are employed in the sports industry.

## ACCREDITATION

The United States Sports Academy is accredited by the Southern Association of Colleges and Schools. The Academy also is one of only three institutions in America whose Sports Management degree programs at all three levels are approved by the Sports Management Program Review Council (SMPRC), along with the University of Texas and the University of Massachusetts.

