ABSTRACT

Background: Individuals can experience headaches, dizziness, cervical dysfunction, balance disturbances, fatigue, and oculomotor impairments following a concussion. Patients with sports-related concussions are not a homogenous group but rather heterogenous groups with mixed clinical findings.

Purpose: The purpose of this clinical commentary is to propose a classification system developed specifically for the physical therapy management of sports-related concussions.

Description: The concept of “symptom instability” was introduced to assist with classifying patients. The time period post-concussion, symptom instability, and the ability to identify symptom triggers were used as defining criteria. The end result was a classification system with five clinical subgroups.

Relationship to Clinical Practice: The classification system assists in forming homogeneous groups. The grouping of patients into these subgroups can allow for improved efficiency of organizing treatment plans.

Level of Evidence: 5

Key Words: Classification, sports-related concussion, Physical Therapy