

Buffalo Concussion Treadmill Test

Name: _____ DOB: _____ Supervising Provider Name: _____

Symptoms at rest (VAS): _____ Resting HR: _____

**Speed should be a brisk walk & adjusted according to height: <5'10" → 3.2 mph; ≥ 5'10" → 3.6 mph; modify for comfort & athletic status.*

***If participant reaches maximal incline of 15 on treadmill, increase speed by 0.4 mph each minute.*

Min	Speed (mph)	Incline	Heart Rate (bpm)	BP (mmHg)	RPE	Visual Analogue Scale (VAS)	Symptoms/Observations
0		0			N/A		
1		1					
2		2					
3		3					
4		4					
5		5					
6		6					
7		7					
8		8					
9		9					
10		10					
11		11					
12		12					
13		13					
14		14					
15		15					

Adapted from "Exercise is Medicine for Concussion" by J. J. Leddy, M. N. Haider, M. Ellis, and B. S. Willer, 2018, *Current Sports Medicine Reports*, 17(8), p. 263. Copyright 2018 by the American College of Sports Medicine.

Min	Speed (mph)	Incline	Heart Rate (bpm)	BP (mmHg)	RPE	Visual Analogue Scale (VAS)	Symptoms/Observations
16		15					
17		15					
18		15					
19		15					
20		15					

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Maximum HR at Symptom Exacerbation: _____ bpm

Exercise Prescription:

Signature of Healthcare Provider

Visual Analogue Scale (VAS)

VISUAL ANALOGUE SCALE (VAS)

Rate Your Overall Condition
Choose a number from 0 to 10 and describe your condition.

Feeling Good 0 1 2 3 4 5 6 7 8 9 10 Worst I have ever felt

0 2 4 6 8 10

Feel Terrific
No Symptoms

Feel some
symptoms but
quite tolerable

Symptoms a
little worse

Symptoms
worse

Symptoms
much worse

Feel Terrible
Worst I ever felt

BE SURE TO TELL YOUR DOCTOR THE CONDITION YOU ARE IN

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Rate of Perceived Exertion Scale (RPE)

Rating of Perceived Exertion / The Borg Scale		
Green	6	Zero exertion
	7	Extremely light
	8	Minimal recognition of effort
Yellow	9	Very light exertion (Comfortable walking pace)
	10	Can just start to hear your breathing
	11	Conversation is easy and you can run like this for a while
	12	Light exertion
Orange	13	Somewhat hard
	14	You can hear your breathing but you're not struggling
	15	You can talk but not in full sentences
	16	Hard work
Red	17	Very hard – Starting to get uncomfortable
	18	You can no longer talk because of your breathing
	19	Extremely hard – Your body is screaming at you
	20	Maximal exertion

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