

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ n Birthdate \_\_\_\_\_\_\_\_ Date of Injury \_\_\_\_\_\_\_\_

Sport/Team/School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Primary Care Physician \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Concussion Management Team Leader \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

An athlete’s return to her sport will be a step-by-step process. This will be monitored by a coach, athletic trainer or designated school official.

**Step 1 may begin when the athlete feels he/she is able. Step 2 may begin only once symptom free. The athlete must wait 24 hours before progressing to the next step and remain completely symptom-free through steps 2-5.**

**STOP IMMEDIATELY if there is any return of signs/symptoms and report this right away.**

If symptoms during step: the following day — only if symptom free— athlete may repeat step that was previously symptom-free and resume progression. If symptoms persist or worsen for more than a day, please notify the physician.

 **Physician Release to Start Return to activity Progression.**

This patient has had an injury to the head. Step 1 may begin when the athlete feels ready. Step 2 of the “Return to Play” may begin 24 hours after Step 1 and only after symptom free and classroom participation has begun. Progression to the next step is permitted each 24 hours so long as no symptoms the step before. Symptoms of concussion may develop within days after a head injury. Patient should continue to be observed for any new symptoms.

Physician Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**RETURN TO ACTIVITY**

**Step 1.** Light aerobic exercise, including a brisk walk, a light jog, or riding a stationary exercise bike. Should be returning to normal academic expectations. **Time: 15-20 minutes.** No weight lifting/ resistance training or conditioning. GOAL: *(increase heart rate without symptoms of concussion worsening)*

Coach/Athletic Trainer/ Parent \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**\*One step per 24 hours, do not progress to next step unless SYMPTOM FREE**

 **(no headache, dizziness, light sensitivity, nausea, balance difficulty, neck pain, etc.)**

**Step 2**. Step 1 plus: Running, light conditioning**.** No weight lifting/ resistance training.**Total Time: 30 minutes**. GOAL:*(add movement)*

Coach/Athletic Trainer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 3.** . Step 2 plus: Resistance training (no risk of head impact), non-contact drills. **Total Time: 60 minutes**  GOAL: *(add coordination, resistance, and cognitive load)*

Coach/Athletic Trainer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 4.** Full practice. **Total Time: up to 3 hours** GOAL: *(restore confidence and assess functional skills)*

Coach/Athletic Trainer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 5: Return to Play**

Physician has reviewed examination, symptom check list, balance testing, and Impact testing (when applicable). Athlete may fully Return to Play if all the above steps were successfully completed without return of any symptoms. This included full participation in practice. Symptoms of concussion may develop within days after a head injury. Patient should continue to be observed for any new symptoms.

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 **Doctor Signature Date of Full Clearance**