

**Randy Goldstein, DO**

 **Board Certified Pediatrician**

 **with an interest in Sports Medicine**

 **Concussion Management Team**

October 10, 2020

**MEN’S GYMNASTICS**

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

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

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

An athlete’s return to his sport will be a step-by-step process. Once the athlete has no symptoms or signs of concussion and is doing well in school and daily activities, a physician (MD/DO) will sign this form allowing the athlete to start the progression back to play. This will be monitored by a coach, athletic trainer or designated school official.

**Athlete must wait 24 hours before progressing to the next step and remain completely symptom-free.**

**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.

n **Physician Release to Start Return to activity Progression. Proceed to Step 1.**

This patient has had an injury to the head. Patient may “Return to Play” after normal classroom full participation is achieved and successfully completing Steps 1 through 4 of the “Warm-up to Play” below. 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** 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 1.** Light aerobic exercise, including walking, jogging, or riding an exercise bike. **Time: 15 minutes.** No conditioning. GOAL: *(increase heart rate without symptoms of concussion returning)*

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

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

**Step 2**. Step 1 plus: Running, light conditioning**. Total Time: 30 minutes**. GOAL:*(add movement)*

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

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

**Step 3.** . Step 2 plus: Tumble track “easy skills”, strap bar, conditioning, vault drills, pommel horse, ring/PBar strength skills

 **Total Time: 60 minutes**  GOAL: *(add coordination and cognitive load)*

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

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

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

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

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

**Step 5: Return to Play**

Athlete may fully Return to Play if all the above steps were successfully completed without return of any symptoms. This includes 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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**Dr. Randy Goldstein**