

Date:

To whom it may concern,

(Name) \_\_\_\_\_ (DOB) \_\_\_\_\_

sustained a concussion/head injury on \_\_\_\_\_.

He/she can participate in physical activity and sport in the following capacity:

- Stage 1: **Light activity** such as walking and riding a stationary bike.
- Stage 2: **Moderate activity** such as light jogging, walking up/down hills, straight-line running drills, moderate intensity stationary bike, swimming, and light weights/resistance training. Avoid any head impact actions, and limit activities that involve the head and neck moving in a lot of different directions.
- Stage 3: **Heavy non-contact activity**; i) drills and activities involving more complex body and head movement and agility/change of direction tasks. e.g. ball skills, tennis, dancing, cheerleading, solo trampolining, non-contact martial arts. ii) fitness activities such as moderate jogging, short sprints/running, and high-intensity stationary bike. lii) Progress to normal resistance training/strengthening/weightlifting.

*Return to activities where falling is a risk (e.g. horse-riding, bicycle, scooter, skateboard, gymnastics, cheerleading throws, surfing, motorbike) should only occur when patient is completely symptom free. This should be a minimum of three weeks and Stages 1-3 need to be completed first.*

- Stage 4: **Full contact practice** under adult supervision. Maximal physical exertion allowed.

\_\_\_\_\_ has returned to pre-injury symptom levels and has tolerated the graduated return to play steps well.

- Stage 5: **Normal game play**, full sports and physical activity.

Regards,

Dr