



RETURN TO PHYSICAL ACTIVITY FORM

Student's Name: _____

Date: _____

School Phone (630) 795- 8400 / Fax (630) 795 - 8399

RETURN TO SCHOOL STATEMENT

- May Return to School
- May return to school after (#) _____ of weeks
- Next appointment: _____

ACTIVITIES RECOMMENDED AT SCHOOL

- No restriction of activity
- No P.E./Sports for (#) _____ weeks
- May participate in P.E. but not competitive Sports
- May resume sports in (#) _____ weeks
- May resume P.E. in (#) _____ weeks
- May climb stairs w/ crutches/elevator OK
- Needs assistance between classes
- Set of extra books for home use recommended
- May resume P.E. with modifications: see **Modified Activity**
- Physical Therapy: OK to substitute for P.E.
- May work with certified Athletic Trainer

Equipment:

- Crutches
- Braces
- Cast
- Walking (CAM) boot
- Other: _____

MODIFIED ACTIVITY (check all that student MAY do)

- Contact Sports (see reverse side)
- Non-Contact Sports (see reverse side)
- Running/Jumping
- Modified resistance training and/or core exercises
- Throwing
- Exercises specific to non-injured area
- Stationary Bike/Elliptical
- Swimming
- Physical Therapy during P.E. as dictated by therapist

RESTRICTIONS: _____

COMMENTS: _____

PHYSICIAN INFORMATION

Physician's Signature: _____

Address: _____

Phone Number: _____



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CLASSIFICATION OF SPORTS BY CONTACT (P.E. ACTIVITIES IN BOLD)

Contact or Collision	Limited/Unintentional Contact	Non-Contact
Basketball	Baseball	Badminton
Diving	Cheerleading	Resistance Training
Tackle Football	Floor Hockey	Bowling
Ice Hockey	Flag Football	Dance
Lacrosse	Gymnastics	Rope Jumping
Soccer	Softball	Core Strengthening
Team Handball	Ultimate	Swimming
Water Polo	Volleyball	Tennis
Wrestling		

Downers Grove North High School is dedicated to the physical development of its students. We strive to teach and apply health related concepts so our students can live an active and healthy lifestyle.

We are committed to working with the medical community to allow students the opportunity to heal while still being engaged in the educational process.

We ask that a line of communication remain open and positive between the school and the physician's office to assure protocol and the maintenance of the students' well-being and education.

Sincerely,

Courtney D. White
Department Chair
630-795-8161