

## CONCUSSION MANAGEMENT PHYSICIAN CLEARANCE FORM

This form must be completed and signed by the student-athlete's treating physician or other appropriate healthcare professional. In accordance with H.B. 2038, this signed form must be on file with the athletic trainer, school nurse, or other designee in order to begin and complete the RTP protocol.

**Student-Athlete Name:** \_\_\_\_\_ **DOB** \_\_\_\_\_ **Date of Concussion:** \_\_\_\_\_

The above named student-athlete was referred due to having signs and/or symptoms of a Concussion. It is in my professional judgment that student-athlete may begin the RTP protocol once asymptomatic for at least 24 hours. Once the student-athlete has completed the RTP protocol, he/she is safe to return to full unrestricted sports participation.

\_\_\_\_ Student-Athlete is **NOT CLEARED** at this time and is not allowed to participate in the RTP protocol.

Student-athlete is to return to clinic for further evaluation on: \_\_\_\_\_

\_\_\_\_ Student-athlete is **CLEARED** to begin the required RTP Protocol under the supervision of the athletic trainer, school nurse, or designated coach. Once the student-athlete completes the protocol successfully, he/she does not need to return to treating physician and is cleared for full sports participation.

\_\_\_\_ Student-athlete is cleared to begin the required RTP Protocol under the supervision of the athletic trainer, school nurse, or designated coach. Once the student-athlete completes the protocol successfully, he/she **MUST RETURN FOR RE-EVALUATION** before being cleared for full unrestricted sports participation.

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

Physician Address: \_\_\_\_\_

Physician Phone: \_\_\_\_\_ Physician Fax: \_\_\_\_\_

### STEP-WISE RETURN TO PLAY PROTOCOL (Student-athlete will only advance ONE phases per day)

The student-athlete should be held out of all activities until asymptomatic at rest for at least hours (**24 hours is the minimum, though it is best practice to be asymptomatic for at least a 48 hour period**) This asymptomatic period includes mental exertion in school to help reduce the reemergence of symptoms once initiating the return to play protocol.

**PLEASE NOTE: If any concussive symptoms occur while returning to play, the student-athlete should stop all activity until asymptomatic for another 1-2 days. Once symptoms resolve, resume with the phase in which the student-athlete was previously asymptomatic (back to previous successful phase).**

**STEP 1** Light aerobic activity (10-15 minutes); NO resistance training

**STEP 2** Moderate aerobic activity (20-30 minutes); Light resistance training

**STEP 3** Sport-specific, non-contact training drills (at least 30 minutes); Continue light resistance training; NO head impact activities or drills.

**STEP 4** Sport-specific, light contact training drills; Progressive return to normal resistance training

**STEP 5** Full contact practice but NO games or competition play

**STEP 6** FULL participation in games or competition play

Athletic trainer or school nurse clearance is required for full unrestricted participation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_