



TSSA Return to Play Form (Concussion)

This form is adapted from the Acute Concussion Evaluation Plan on the Centers for Disease and Control and Prevention (CDC) website. All medical providers are encouraged to review this site if they have questions regarding the latest information on the evaluation and care of the youth athlete following a concussion injury (www.cdc.gov/injury). *Please initial any recommendations selected.*

Print Athletes Name: _____ **Date of Injury:** _____ **Date of Birth:** _____

This return to play plan is based on today's evaluation. **Date of Evaluation:** _____
Return to this Office (Date): _____
Return to School on (Date): _____
Care plane completed by: _____

Return to Sports:

- 1. Athletes should not return to practice or competition the same day their head injury occurred.
- 2. Athletes should never return to play or competition if they still have ANY symptoms.
- 3. Athletes, be sure your coach or team manager is aware of your injury, symptoms, and has the contact information for the treating health care provider.

The following are return to sports recommendations at the present time:

PHYSICAL EDUCATION: ___ Do NOT return to PE class at this time ___ May return to PE class

SPORTS (SOCCER): ___ Do NOT return to Soccer practice or competition at this time
___ May *gradually return* to soccer practice or competition under the supervision of a health care professional (see bottom of this form)
___ May be advanced back to competition a phone conversation with the treating health care professional
___ Must return to treating health care provider for final clearance to return to competition

-OR- ___ Cleared for full participation in all activities without restriction

Treating Health Care Provider Information (Please Print/Stamp)

Please check:

___ Medical Doctor (M.D.) ___ Osteopathic Physician (D.O.) ___ Clinical Neuropsychologist w/ Concussion Training

Provider's Name: _____ Provider's Office Phone: _____

Provider's Signature: _____ Office Address: _____

Gradual Return to Play of Concussed Athlete

Baseline: Athletes should not have any concussion symptoms. Athletes should only progress to the next step if they do not have any symptoms at the current step.

Step 1: Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 10 minutes on an exercise bike, walking, or light jogging. No weightlifting at this point.

Step 2: Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (reduced time and/or reduced weight from their typical routine).

Step 3: Add heavy non-contact physical activity such as sprinting/running, high-intensity stationary biking, and regular weightlifting routine and/or non-contact sport-specific drills (in three planes of movement).

Step 4: Athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.

Step 5: Athlete may return to competition.

If an athlete's symptoms come back or they get new symptoms when becoming more active at any step, this is a sign that the athlete is pushing too hard. The athlete should stop these activities and the athlete's health care provider should be contacted. After more rest and no concussion symptoms, the athlete should begin at the previous step.