

Concussion: "Return to Play" Prescription

Student Name: _____ Date of Birth: _____

Instructions to student and parent:

- A graduated return to play protocol, as described below, is required for all concussed students. Students cannot participate in physical activity more rapidly than defined in this prescription. For athletes, progression to return to play must be prescribed by a doctor (MD or DO) and completed before the student athlete can return to competition. Athletic programs may utilize CIF "Return to Play" progression.

Instructions to school:

- Each step, after successfully passed, should be signed by a physician or *designated school staff member*. Parent may report progress to school on progressive steps on non-school days.
 - For athletes a designated school staff member is: a school nurse, certified athletic trainer (ATC), or identified concussion monitor (e.g., coach, athletic director) who has been trained to observe for symptoms.
 - For non-athlete students, designated school staff member is a: school nurse, or a principal, physical education teacher, or other designee of the principal who has been trained to observe for symptoms of concussion.

Instructions to prescribing physician (MD or DO):

Sign protocol below; Or send school an alternate protocol (as long as student does not return to play/competition faster than 7 days)
 California Law states that full competition for athletes **cannot be sooner than 7 days** and that progression must be supervised by a DO or MD.
 An alternate protocol for athletes is available on the website for the California Interscholastic Federation (CIF):
<http://www.cifstate.org/sports-medicine/concussions/index>

I prescribe the protocol below, for the above named student (or have attached an alternate protocol). This student must seek medical attention if cannot pass any one stage after 3 attempts, due to concussion symptoms.

 Signature Date Printed name Telephone No.

Step	Activity	Exercise Example	Date, Name and Signature of school RN, physician or designated school official
1	Limited physical activity: Only walking that is necessary, for 2 full days after concussion	No activities requiring exertion (weight lifting, jogging, P.E. classes)	
- Only one step may be passed per day (longer if prescribed). If physical activity does not worsen existing symptoms or cause new symptoms, a student may progress through the stages, up until and including stage 4 (i.e., no contact). Progression with existing symptoms requires clearance by a doctor. - <u>If symptoms worsen at any stage:</u> (i) stop physical activity; (ii) withhold activity until new symptoms are absent for 24 hours; (iii) notify parent and involved school staff (e.g, coach, school nurse); (iv) return to previously passed stage where symptoms had not recurred.			
2	Light aerobic activity <u>Goal:</u> To increase an athlete's heart rate. <u>Time:</u> 5 to 10 minutes.	- Walking or stationary biking, light jog - No weight lifting, jumping or hard running	
3	Moderate aerobic activity Light resistance training <u>Goal:</u> Limited body and head movement. <u>Time:</u> Less than typical routine (15-30 min)	- Moderate jogging, brief running, moderate-intensity stationary biking - Moderate-intensity weightlifting	
4	Heavy, non-contact activity Moderate resistance training (heart rate approx. 75% max); <u>Goal:</u> More intense, but non-contact <u>Time:</u> Close to typical routine	- Running, high-intensity stationary biking, non-contact sport-specific drills - regular weightlifting routine - cognitive component to practice is okay - No contact with people, padding or floor/mat	
Minimum of six days to successfully complete steps 0-4; Athletes must obtain written physician (MD/DO) clearance for contact and competition.			
5	Practice and limited contact (one day), full contact (next day). <u>Goal:</u> Reintegrate into full activity and practice, but no competition	- Total body movements; sport-specific activities (cutting, jumping, sprinting) - Controlled contact drills first step, normal training following step next day	
6	Return to competition	Normal game play; return to full sports activity without restrictions	