



Sport Concussion Return-to-Play and Medical Clearance Documentation

Student-Athlete _____ Date of Injury _____

Diagnosis

This student-athlete has been **diagnosed** with a mild-traumatic brain injury (mTBI) and/or cerebral concussion.

Initial: YES _____ NO _____

Previous Hx of Concussions: YES _____ NO _____ (if YES, please list all concussion dates)

Gradual Return-to-Play (RTP)

Student-athletes may begin stages 1-3 while having minimal symptoms according to the 2022 Amsterdam Consensus Statement. Progression through this will be at the discretion of the AT in conjunction with the physician. It is important to note that the concussion protocol will advance as the athlete heals. No time frame will be set.

To begin the Return-to-Play stages 4-6, a student-athlete must meet all of the following criteria:

1. No concussion related symptoms at rest and no daily medication use to manage concussion-related symptoms (e.g. headaches)
2. No return or exacerbation of symptoms with physical and cognitive activities
3. Can complete full days of school with minimum classroom accommodations

I certify that athlete has been symptom free for _____ hours and meets above criteria. AT Initial: _____

Date to begin Return-to-Play progression: _____

Return-to-Play Progression

This Return-to-Play, an example of graduated physical exercise, has been created using the 2022 Amsterdam Consensus Statement on Concussion in Sport. An initial period of 24-48 hours of both relative physical and cognitive rest is recommended prior to beginning a Return-to-play progression. It is recommended that there be at least 24 hours for each stage of the progression, if not longer. Time in each stage must be individually tailored based on the athlete's symptoms, level of play, age, etc. If any symptoms worsen during exercise, the athlete should go back to the previous stage.

Stage 1: Low intensity steady state aerobic exercise (walk, stationary bike, elliptical) for 15-20 minutes.

Stage 2: Moderate intensity aerobic exercise (jog, swim for 25-30 min) and body weight exercises. Total of 30-40 min of activity.

Stage 3: Non-contact, sport-specific activities, weightlifting. Total of 40-60 minutes of activity.

Stage 4: Controlled contact drills, non-contact team activities matching game-like intensity. At least 60 minutes of activity.

Stage 5: Unrestricted, full contact, or normal practice.

Date of Completion: _____

Coordinated and deemed completed by: _____ Signature: _____

Certified Athletic Trainer

Certified Athletic Trainer

I hereby attest that the athlete is symptom free, has returned to academics without accommodations, and has completed all Return to Play stages as of the Date of Completion documented above.

Provider Signature: _____ PA License #: _____ Date: _____

Clearance can only be given by MD, DO, or Neuropsychologist

I hereby clear this athlete to return to full activity.

Comments/ accommodations required:

The Licensed Athletic Trainer employed through Geisinger, the school district, and/or the team physician reserve the right to not allow this student-athlete to return to competition or sport. This may occur if it is determined that this student-athlete has not met one of the above criteria, if clearance is given without adequate neurocognitive testing, unacceptable return-to-play progression, or is not cleared by a MD, DO, or Neuropsychologist.