

## **Sports Medicine Department**

Physician Evaluation form - Concussion

This form is to be completed by a physician and returned to the athletic training staff after evaluation.

Student-Athlete Name:	Date of evaluation:
[ ] Moo [ ] NO	school days, as tolerated starting on dified/half school days, as tolerated until School, but may attempt work at home until School, total rest at home until
[] Reformat from free	[] Extra time for tests/quizzes
[ ] Shorten tes [ ] Limit/redu	erall amount of make-up work (50-75% is recommended) sts/projects [] Limit/reduce eye-tracking (reading) work ce computer work [] Obtain audio books "non-essential" work [] Audit classes
	btain class notes or outlines ahead of time btain notes after class from a classmate
Breaks: [] Allow student to rest in h	ealth office or athletic training room as needed
<ol> <li>Change settings (brightness</li> <li>Avoid busy environments</li> <li>NO sports participation</li> <li>NO Physical Education cla</li> <li>May begin light, supervise</li> <li>May begin or continue three According to the "Consensu</li> </ol>	ed exercise with athletic trainer ough "Return-to-play" progression with athletic trainer as statement on concussion in sport from the 6th International
Conference on Concussion in Sport he	
Other notes or comments:	
Physician Name (or practice/facility stan	<i>np</i> ):
Address:	Phone:
Signature:	John Warner, LAT, ATC, SEMR

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## Return - to - Play (RTP)

## Generalized Guidelines

Following a concussion, a student-athlete must meet the following criteria before he is able to begin to work toward getting back into sports:

- Clearance to begin RTP from a physician trained in concussion management
- ✤ He has returned to full days in school with no return of symptoms for an entire day
- He is able to handle full academic workload with no accommodations, and no return of symptoms
- If the student-athlete has baseline data available from SWAY Medical, he should be tested again to show a return to baseline levels.

This is never a "red light/green light" decision where the student-athlete is allowed to go right back into sports at full intensity and full contact. This must be a gradual process to make sure that the studentathlete is able to handle the physical exertion as well as the balance and coordination demanded by the sport. Athletic Trainers follow the commonly accepted guidelines for returning to sports. Because each sport is different, the plan should be customized for the demands of that sport. Here are the RTP guidelines to be followed at the direction of The Haverford School athletic trainers for returning to football.

- <u>Stage 1</u>: No Activity
  - Stage 2: Light aerobic exercise
    - Stationary bike riding for10-20 minutes, light resistance, low speed (<70% of maximum heart rate)
- <u>Stage 3</u>: Individual, Sport-Specific training
  - Agility drills
  - Sport-specific drills (individual or with one partner, NON-contact)
  - Throwing/catching, shooting on goal/net, running, dribbling/shooting baskets/lay-ups, skating with stick/puck handling drills, volleying, etc.
- <u>Stage 4</u>: NON-contact practice/drills with team.
  - Any skills or drills that the student-athlete can do in practice without the risk of contact or collision.
  - May also begin resistance (weight) training
- <u>Stage 5</u>: *FULL*-contact, full-intensity practice with team
- <u>Stage 6</u>: Full-contact game play

## Only complete one stage per day. If ANY symptoms return, STOP activity for that day, and when symptoms subside, return to the previous stage on the next day.

For more information about this protocol, consult the "<u>Consensus statement on concussion in sport from the 6<sup>th</sup></u> <u>International Conference on Concussion in Sport held in Amsterdam, October, 2022</u>"