

SCHOOL: \_\_\_\_\_  
*Request for Information from Medical Provider Regarding Permitted Level of Physical Activity*

DATE \_\_\_\_\_

PLEASE PROVIDE THE FOLLOWING INFORMATION REGARDING PERMITTED LEVEL OF PHYSICAL  
ACTIVITIES FOR:

STUDENT'S NAME \_\_\_\_\_ DOB \_\_\_\_\_

- May observe team on sideline
- Should continue to refrain from all aerobic activities until f/u appointment with Medical Provider on \_\_\_\_\_.
- May participate in low-impact non-contact aerobics (e.g. walk track, protected walk-dribble-shoot or soccer footwork, body weight exercises, stationary bike) as tolerated
- May have aerobic non-contact aerobic conditioning (i.e. therapeutic exercise) advanced by PE Instructor, Coach, AD, or ATC as tolerated
- When participating in pre-injury level of full academics, may start a graduated "Return to Play" protocol supervised by PE Instructor, Coach, AD, or ATC, with final clearance required by:

\_\_\_ ATC (with standing orders by School Medical Adviser)

\_\_\_ Student's Medical Provider (requires exam by Medical Provider before contact game play)

\_\_\_\_\_  
*Medical Provider's Signature*

\_\_\_\_\_  
*Printed Name*

\_\_\_\_\_  
*Date*

\*Reference Articles on Therapeutic Exercise in Concussion Injuries:

Baker, J; "Return to Full Functioning after Graded Exercise Assessment and Progressive Exercise Treatment of Post-Concussion Syndrome;" Rehab Research and Practice, January 2012  
Ellis, M; "Physiological, Vestibulo-ocular and Cervicogenic Post-Concussion Disorders;" Brain Injury, 2015; 29 (2); 238-248  
Leddy, J; "Use of Graded Exercise Testing in Concussion and Return-to-Activity Management"; Current Sports Medicine Reports; Nov/Dec 2013, 12 (6); 370-376  
Leddy, J; "Rehabilitation of Concussion and Post-Concussion Syndrome;" Sports Health 2012, 4 (2); 147-154  
Leddy, J; "A Preliminary Study of Subsymptom Threshold Exercise Training for Refractory Post-Concussion Syndrome," Clin J Sports Med 2010, 20 (1); 21-27  
Majerski, CW; "Concussion in Sports: Post-concussion Activity level, Symptoms, and Neurocognitive Performance," JAT 2008, 43 (3); 265-274



*A Traumatic Brain Injury-Return to Learn Initiative of the  
Connecticut Chapter of the American Academy of Pediatrics in collaboration with ConcussionCORPS*