



Athletics Return To Play Protocol

Patient Name: _____ Date of Evaluation: _____

The patient named above has suffered a concussion and may not return to any physical activity (practice, games, contact drills) until cleared by the treating physician.

Non-contact means no physical contact against another person or teammate during the STEP.

Non-risk means the environment is controlled to prevent re-injury, such as performing the STEP on a smooth, even surface.

Physical Exertion*:

_____ **STEP 1:** No physical exertion until cleared at next clinic visit. (Please consider having the student sit where he/she is not at risk for being hit by others, sport-related equipment, etc. Consider sending the student to the library, front office, or home for practice and games.)

_____ **STEP 1 (ALT)**:** No physical exertion until symptom-free for ____ hours / days. Upon the final day of being symptom-free, begin STEP 2.

_____ **STEP 2:** Light, non-contact and non-risk activity such as walking or stationary bike (10-15 minutes).

_____ **STEP 3:** Sport-specific exercise, non-contact and non-risk exertion. (25-30 minutes).

_____ **STEP 4:** Non-contact practice only. May begin weight lifting/resistance training.

_____ **STEP 5:** Full-contact practice.

_____ **STEP 6:** Full return to game play after completion of STEPS 1-5 without symptoms.
(Parents and School sign UIL Return to Participation Form)

If follow-up appointment was recommended, please call the office at _____ to schedule an appointment when symptom-free.

Signature _____

***CAUTION:** If the student-athlete experiences a recurrence of **ANY** post-concussion symptoms during or after exerting, he/she should cease activity immediately and rest. He/she may resume activity at the same STEP of the protocol the following day if symptom-free. Ex: Student-athlete has symptoms at STEP 2. Cease all activity for the recommended number of hours. Try STEP 2 again if no symptoms are present.

**Each STEP requires the patient to be symptom-free for a certain number of hours to move on to the next STEP. As recommended by the treating physician.