

## Physical Activity and Gradual Return to Play (RTP) Program

Form Completed By:\_\_\_\_

Athlete Name: \_\_\_\_\_ Date of Injury: \_\_\_\_\_\_

Following a concussion, a medically supervised 5 STEP Gradual Return to Play progression must be successfully completed (symptom-free) before final medical clearance to return to competition.

**Instructions:** The physical activity program following concussion takes place in <u>two parts</u>. The first part (Steps 1 and 2) starts when the person is still symptomatic to help with recovery. Part 2 (Steps 3-5) begins when the athlete has been fully <u>asymptomatic</u> for Step 2. Beginning with Step 3 - ask the athlete if any symptoms occurred during the physical activity and over the next 24 hours. In the **RTP Status Box**, circle response (Symptom/No Symptom), record the date, and initials. If no symptoms are reported over the 24 hours, go to the next Step. If <u>any symptoms</u> return at any time during Steps 3-5, return to the previous Step and proceed. If symptoms worsen, seek medical attention. <u>Steps 3-5 must be completed</u> with no symptoms, and FINAL WRITTEN MEDICAL CLEARANCE must be obtained, before return to full competition.

Sten 1	: Light General Conditioning Exercises: NO CONTACT	RTP Status
•	Begin with a sport specific warm up.	Step 1 Date:
•	Do a (15-20 minute) workout which can include: stationary bicycle, fast paced	Symptoms No Symptoms
olking	g or light jog, rowing or freestyle swimming.	(Circle one)
		Initials:
Step 2	2: General Conditioning and Sport Specific Skill Work; Individually: NO CONTACT	
•	Continue with the sport specific warm-up.	Step 2 Date:
•	Slowly increase intensity and duration of workout (20-30 minutes).	Symptoms No Symptoms
•	Begin skill work within the workout.	(Circle one)
•	Begin running drills, static and dynamic foot dribbling, use cones, individual kicking.	Initials:
		<b>.</b>
Pla	yer must be asymptomatic to begin Step 3. Indicate date player became asy	mptomatic
TEP :	3: General conditioning, skill work; individually and with a team-mate: NO CONTACT	
٠	Continue with general conditioning (up to 60 minutes). Increase intensity and	RTP Status
	duration. Begin interval training.	Step 3 Date:
٠	Begin drills with a partner but with no contact. Continue with individual skill work as per Step 2.	Symptoms No Symptoms
٠	Begin partner passing and kicking on goalie drills.	(Circle one)
٠	Begin walk-throughs on offense and defense.	Initials:
TEP 4	4: General conditioning, skill work and team drills: NO CONTACT	
٠	Do not play live scrimmages.	Ston 1 Data:
٠	Resume regular conditioning and duration of practice.	Step 4 Date:
٠	Practice team passing and kicking drills, practice offensive, defensive and	Symptoms No Symptoms
	counter attack tactical schemes with no contact to the player.	(Circle one)
٠	Review heading the ball techniques. Do a few reps of low intensity with limited	Initials:
	height and distance.	
	: Full Team Practice with Body Contact:	Step 5 Date:
tep 5	Join team in a full practice with controlled body contact.	
• •		Symptoms No Symptom
	If a full practice is completed with no symptoms, get Final Medical Clearance form signed.	Symptoms No Symptoms
٠		(Circle one)
٠	If a full practice is completed with no symptoms, get Final Medical Clearance form signed.	
٠	If a full practice is completed with no symptoms, get Final Medical Clearance form signed. Give to the coach. You are ready to return to competition.	(Circle one)
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٠	If a full practice is completed with no symptoms, get Final Medical Clearance form signed. Give to the coach. You are ready to return to competition. Final Medical Clearance Instructions: For <u>final medical clearance</u> , send this completed form to your medical provider at the successful completion of the 5-step program.	(Circle one)
٠	If a full practice is completed with no symptoms, get Final Medical Clearance form signed. Give to the coach. You are ready to return to competition. Final Medical Clearance Instructions: For <u>final medical clearance</u> , send this completed	(Circle one)