

Medical Clearance Letter

for a Return-to-Sport/Physical Activity



DATE: _____ PERSON'S NAME: _____

To whom it may concern,

A person who is diagnosed with a concussion should be managed according to best practices to follow a personalized strategy for a gradual return to regular daily activities. Any person, who needs a medical clearance to complete their **Return-to-Sport/Physical Activity Strategy**, must be able to complete certain physical and mental activities without symptom recurrence.

Verification of recovery progression:

	Yes	No	N/A
1. Successful completion of all the steps of the Return-to-School Strategy (if applicable):	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Complete return to regular mental activity (at work and/or at home) without restrictions:	<input type="checkbox"/>	<input type="checkbox"/>	
3. Successful return to individual sport-specific activities : (see Step 3 of the Return to Sport/Physical Activity Strategy on the back)	<input type="checkbox"/>	<input type="checkbox"/>	

Accordingly, I _____ (print medical doctor/nurse practitioner name)
have examined the above person and confirm they have been medically cleared to participate in the following activities as tolerated effective on the date stated above. (Please check all that apply)

The person may resume:

- STEP 4:** Non-contact training drills and activities (Exercises with no body contact at high intensity).
- STEP 5:** Return to all non-competitive activities, full-contact practice, and full participation in physical education class activities.
- STEP 6:** Return to unrestricted game play and competition.

SIGNATURE _____ M.D. / N.P. (circle appropriate designation)

THE RETURN TO SPORT/PHYSICAL ACTIVITY STRATEGY ALONG WITH ADDITIONAL
CONCUSSION INFORMATION CAN BE FOUND ON THE REVERSE SIDE



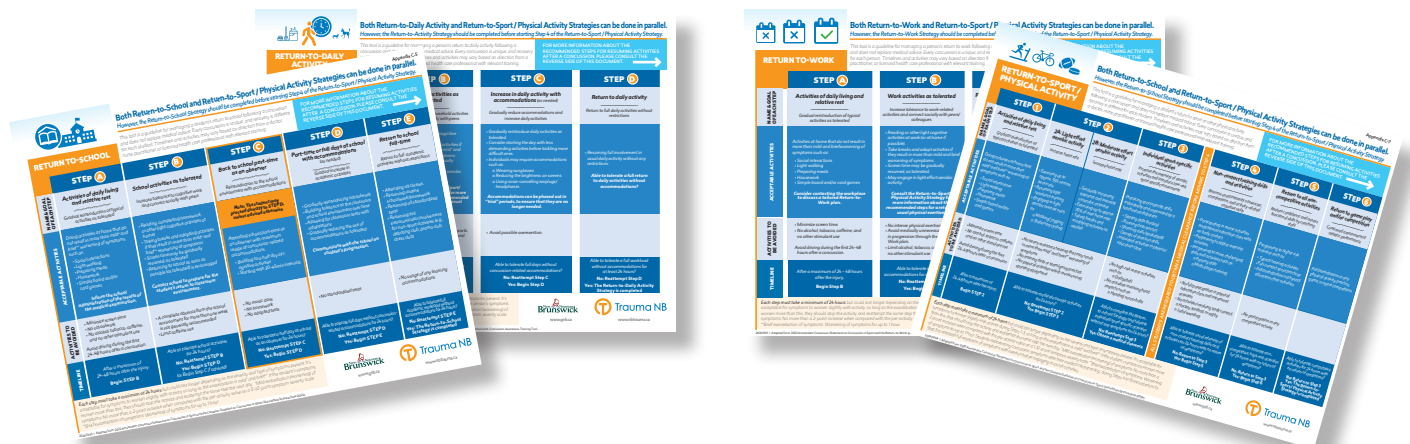
Return-to-Sport / Physical Activity Strategy

STEP	ACTIVITY	GOAL	DESCRIPTION
1	Activities of daily living and relative rest	Gradual reintroduction of typical activities as tolerated	Typical activities at home (e.g., preparing meals, social interactions, light walking). Minimize screen time.
2	Light to moderate effort aerobic activity	Increase heart rate	Gradually increase intensity of aerobic activities, such as stationary cycling and walking. May begin light resistance training.
3	Individual sport-specific activities	Introduction of activities with a low risk of inadvertent head impact	Perform activities individually and under supervision. Add sport-specific drills (e.g., running, changing direction, individual drills).
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4	Non-contact training drills and activities	Resume usual intensity, coordination, and activity-related cognitive skills	Exercises with no body contact at high intensity. Progress to more challenging drills and activities (e.g., passing drills, multi-athlete training and practices).
5	Return to all non-competitive activities	Restore confidence and assess functional skills by coaching staff	Progress to higher-risk activities including typical training activities, full-contact sport practices and physical education class activities. Do not participate in competitive gameplay.
6	Return to game play and/or competition	Continued assessment of athletic performance	Full participation in any physical activity, practice, game, or sport competition

- Each step must take a minimum of 24 hours before progressing to the next but could last longer depending on the severity and type of symptoms present.
- Steps 4-6 should begin after the resolution of any symptoms, abnormalities in cognitive function and any other clinical findings related to the current concussion, including with and after physical exertion.

What if symptoms recur after Step 3?

Any person who has been medically cleared and has a recurrence of symptom during steps 4 to 6 of the Return-to-Sport/Physical Activity Strategy, should immediately remove themselves from the activity and inform their coach, teacher, or parent/caregiver. The next day, the person should return to Step 3 to establish full resolution of symptoms with exertion. Once that is achieved, a medical clearance will be required again before progressing to Step 4 of the Return-to-Sport/Physical Activity Strategy.



For more information about the **Return-to-Sport/Physical Activity**, **Return-to-School**, **Return-to-Work** and **Return-to-Activity Strategies**, consult our available concussion resources by visiting us at www.NBTrauma.ca.