

**Cobblestone Medicine and Rehab  
Sports Injury and Concussion Care Form**

**For all injuries that occur this season, contact our clinic as soon as possible: For all athletes we have advanced scheduling booking. We guarantee your athletes to be seen within 24 hours post injury!**

**1084 Rest Acres Rd. Paris ON (Cobblestone Plaza)  
Located minutes from Brant County Sports Arena  
Concussion Management and Therapy - (519) 442-2237**

To: Parent/Guardian:

From: \_\_\_\_\_, at \_\_\_\_\_

\_\_\_\_\_  
*Date of Injury Date of Initial Exam*

Your child/ward may have sustained a concussion, and by policy has been removed from play until he/she has been medically cleared to return to play by a qualified health care professional.

It is not within our purview to dictate how or by whom your child/ward should be managed medically. The following serves as general guidelines only for immediate management during the first 24 hours:

- 1. Diet** – drink only clear liquids for the first 8-12 hours and eat reduced amounts of foods thereafter for the remainder of the first 24 hours.
- 2. Pain Medication** – do not take any pain medication except Tylenol. Dosing instructions provided with pain medications should be followed.
- 3. Activity** – activity should be limited for the first 24 hours, this would involve no school, video games, extracurricular or physical activities or work when applicable.
- 4. Observation** – several times during the first 24 hours:
  - a. Check to see that the pupils are equal. Both pupils may be large or small, but the right should be the same size as the left.
  - b. Check the athlete to be sure that he/she is easily aroused; that is, responds to shaking or being spoken to, and when awakened, reacts normally.
  - c. Check for and be aware of any significant changes. (See #5 below)
- 5. Significant changes**

a. Conditions may change significantly within the next 24 hours. **Immediately obtain emergency care for any of the following signs or symptoms:**

- b. Persistent or projectile vomiting
- c. Unequal pupil size (see 4a above)
- d. Difficulty in being aroused
- e. Clear or bloody drainage from the ear or nose
- f. Worsening headache
- g. Seizures
- h. Slurred speech
- i. Can't recognize people or places – increasing confusion
- j. Weakness or numbness in the arms or legs
- k. Unusual behavior change – increasing irritability
- l. Loss of consciousness

**6. Improvement**

a. The best indication that an individual who has suffered a significant head injury is progressing satisfactorily, is that he/she is alert and behaving normally.

**7. Contact your health care provider**

- a. Before returning to physical activities, contact our sports therapist provider for evaluation. If he or she diagnoses a concussion, use the attached form to help your health care provider determine when your child/ward is fully recovered and able to resume normal activities, including sports.
- b. Talk to your health care provider about the following:
  - i. Management of symptoms
  - ii. Appropriate levels of school activity or the need for reducing academic coursework for a temporary period of time
  - iii. Appropriate levels of physical activity

**8. Return clearance form prior to returning your child to play**

a. **Before your child will be allowed to return to play, you will need to return the attached "Concussion Return to Play Clearance Form" signed by your healthcare provider to the school or sporting league.**

**In order to maintain compliance with the law and league, our organization requests that the healthcare provider utilize this form in granting medical clearance to return to sporting events.**

**SUGGESTED PRINCIPLES IN CLEARING A STUDENT/ATHLETE TO RETURN TO PLAY**

- *Recovery from concussion and progression through the Return-to-Play stages is individualized and determined on a case by case basis.* Many factors influence the rate of progression and include previous concussion history, duration and types of symptoms, age and sport/activity in which the student/athlete participates. Student/athletes with a history of prior concussion, extended duration of symptoms, or participation in collision or contact sports may progress more slowly.
- The following table is adapted from the 3rd International Conference on Concussion in Sport1 and provides the framework for the return to play protocol.

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- It is expected that student/athletes will start in stage 1 and remain in stage 1 until symptom free.
- The patient may, under the direction of a health care professional, progress to the next stage only when the assessment battery has normalized. The assessment battery may include any or all of the following:
  - a. Symptom assessment
  - b. Cognitive assessment with computerized or other appropriate neuropsychological assessment
  - c. Balance assessment along with general neurologic examination.
- It is anticipated that at least 24 hours will be required, at a minimum, of being asymptomatic with each stage before progressing to the next stage.
- Utilizing this framework, in a **best case scenario**, a patient sustaining a concussion and being asymptomatic by the next day will start in Rehabilitation Stage 1 at post injury day 1 and progress through to stage 6, 'Return to Play' by post injury day 6.

### Return to Play Clearance Form

- There may be circumstances, based on an individual's concussion severity, where the return to play protocol may take longer. Under all circumstances the progression through this protocol shall be overseen by the managing health care professional.
- Each athlete with a concussion shall be personally evaluated by an appropriate health care professional at least one time during this process.
- When the athlete has successfully passed through stage 5 (Full Contact Practice) and has previously been evaluated by an appropriate health care professional or recognized concussion management program, a clearance may be obtained from the individual designated on this form if authorized by the managing health care professional.
- A completed *Concussion Return to Play Clearance Form* indicating the student or player is medically released to return to full competition shall be provided to school officials prior to a student who has been removed from a contest or practice for a suspected concussion, being allowed to return to play.

### Stage Functional Exercise or Activity Objective

#### 1. No structured physical or cognitive activity

Date Tested: \_\_\_\_\_

Only Basic Activities of Daily Living (ADLs).

When indicated, complete cognitive rest followed by gradual reintroduction of schoolwork.

#### Rest and recovery, avoidance of overexertion.

Date Cleared: \_\_\_\_\_ Initial \_\_\_\_\_

#### 2. Light Aerobic Physical Activity

Date Tested: \_\_\_\_\_

Non-impact aerobic activity (e.g. swimming,

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stationary biking) at <70% estimated maximum heart rate for up to 30 minutes as symptoms allow.

**Increase heart rate, maintain condition, assess tolerance of activity.**

Date Cleared: \_\_\_\_\_ Initial \_\_\_\_\_

**3. Moderate aerobic physical activity**

**and Non-contact training drills at half speed**

Date Tested: \_\_\_\_\_

Non-contact sport specific drills at reduced speed; Aerobic activity at 70-85% estimated maximum heart rate; light resistance training (e.g. weights at <50% previous max ability)

**Begin assimilation into team dynamics, introduce more motion and non-impact jarring.**

Date Cleared: \_\_\_\_\_ Initial \_\_\_\_\_

**4. Non-contact training drills at full speed**

Date Tested: \_\_\_\_\_

Regular Non-contact training drills; aerobic activity at maximum capacity including sprints; regular weight lifting routine

**Ensure tolerance of all regular activities short of physical contact.**

Date Cleared: \_\_\_\_\_ Initial \_\_\_\_\_

**5. Full Contact Practice**

Date Tested: \_\_\_\_\_

Full Contact Practice **Assess functional skills by coaching staff, ensure tolerance of contact activities.**

Date Cleared: \_\_\_\_\_ Initial \_\_\_\_\_

**6. Return to Play**

**Regular game competition**

After reviewing the available medical facts, it is my opinion the above named athlete did NOT sustain a concussion on the date of injury noted and is medically released to return to play in the above sport.

The above named athlete did sustain a concussion on the date of injury noted, **has recovered but has not progressed through the return to play protocol.**

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