Natrona County School District

Concussion Form

Patient Name: _____ Date: _____

This athlete was diagnosed with a concussion

This form must be filled out by an Approved Healthcare Provider (AHP) (excluding Healthcare Providers working in the Emergency Department and Telehealth settings). The athlete must clear all steps in the Return to Learn before returning to full participation in the sport, activity or PE. The athlete must have **no** increase in symptoms for at least 24 hours before moving on to the next step in the protocol. If symptoms increase during activity or between steps, remove from the activity and stay at the same step the following day. Remember that recovery from a concussion can take weeks to months and may require several follow-up visits.

Athlete completed the Return to Learn and Return to Sport or Activity evaluations Return athlete to NCSD LAT to complete Return to Learn/Sport or Activity steps

Notes to Licensed Athletic Trainer (LAT) and/or School Nurse: _____

_____

_____

_____

_____

Approved Healthcare Provider (AHP) Date: _____

Name (print): _____

Signature: _____

Please check the appropriate credential:

☐MD/DO ☐NP-C ☐PA ☐PsyD

Clinic Stamp:

Please have the patient return this form to the Athletic Trainer and/or School Nurse.

Reference steps for Return to Learn & Return to Sport or Activity on page 2.

Reference

Return to Learn – All steps must be completed

Step	Mental Activity	Activity at Step	Goal
1.	Daily activities that do not result in more than a mild exacerbation* of symptoms related to the current concussion	Typical activities during the day (e.g., reading) while minimizing screen time. Start with 5-15 min at a time increase gradually	Gradual return to typical activities
2.	School activities	Homework, reading, or other cognitive activities outside the classroom	Increase tolerance to cognitive work
3.	Return to school part-time	Gradual introduction of schoolwork. May need to start with a partial school day or with greater access to rest breaks during the day.	Increase academic activities
4.	Return to school full-time	Gradually, progress in school activities until a full day can be tolerated without more than mild* symptom exacerbation	Return to full academic activities and catch up on missed work

Return to Sport or Activity – All steps must be completed

Step	Exercise Strategy	Activity at Step	Goal
1.	Symptom-limited activity	Daily activities that do not exacerbate symptoms (e.g., walking)	Gradual reintroduction of school/work
2.	Aerobic exercise **2A-Light** (up to approximately 55% max HR) OR **2B- Moderate** (up to approximately 70% max HR)	Stationary cycling or walking at slow to medium pace. Light resistance training may be started that does not result in more than mild and brief exacerbation of concussion symptoms	Increase heart rate
3.	Individual sport-specific exercise	Sport-specific training away from the team environment (e.g., running, change of direction, and/or individual training drills away from the team environment). No activities at risk of head impact.	Add movement, change of direction
Note: If sport-specific training involves any risk of potential head impact, medical clearance should occur before Step 3			
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.			
4.	Non-contact training drills	Exercise to high intensity	Resume usual intensity of

		including more challenging training drills (e.g., passing drills, multiplayer training) can integrate into a team environment	exercise, coordination, and increased thinking
5.	Full contact practice	Participate in normal training activities	Restore confidence and assess functional skill by coaching staff
6.	Return to sport	Normal gameplay	