

# Dallas Stars Youth Hockey Concussion Return to Play Clearance Letter



Email this completed form to John Shields

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**NOTE: DO NOT SUMBIT UNTIL TOTALLY CLEARED TO RETURN TO FULL COMPETION/GAMES**



Athlete Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Date of Injury: \_\_\_\_\_  
 Team Name: \_\_\_\_\_ Parent/Guardian Name: \_\_\_\_\_  
 Contact Number: \_\_\_\_\_

This athlete has been evaluated by a neuropsychologist and/or physician (MD/DO). Neuropsychologist and/or physician determined: (select all that apply)

- ☐ No concussion diagnosed and no follow up needed. **Athlete CLEARED to return to full participation.**
- ☐ Concussion diagnosed, athlete is actively symptomatic, and not ready to start the Return to Play Protocol. **Athlete NOT CLEARED to return to full participation. Visit Date:** \_\_\_\_\_
- ☐ Concussion was diagnosed, athlete not actively symptomatic, and ready to start the Return to Play Protocol. **Athlete NOT CLEARED to return to full participation. Visit Date:** \_\_\_\_\_

## STEP 1: RETURN TO PLAY PROTOCOL:

Days	Rehab Stage	Functional Exercise	Objective	Date competed	Supervision (initial)
1	Light aerobic activity (15-20 minutes)	walking or stationary bike	*Symptoms return = STOP! 24 hrs normal activity until asymptomatic and start Day 1 again. *Asymptomatic for 24 hours= proceed to Day 2		
2	Moderate aerobic activity (20-30 minutes)	Dynamic warm-ups, low-intensity off-ice hockey drills, stick skills, etc. <b><u>No Contact!</u></b>	*Symptoms return= STOP! 24 hrs normal activity until asymptomatic and start Day 2 again. *Asymptomatic for 24 hours= proceed to Day 3		
3	Moderately aggressive aerobic activity (45 minutes)	Running, plyometrics, burpees, more intense off-ice hockey drills. <b><u>No Contact!</u></b>	*Symptoms return= STOP! 24 hrs normal activity until asymptomatic and start Day 3 again. *Asymptomatic for 24 hours= proceed to Day 4		
4	Non-Contact Practice	Participate in the full length of practice on ice: warm-ups, skills practice, and conditioning. No scrimmaging. <b><u>No Contact!</u></b>	*Symptoms return= STOP! 24 hrs normal activity until asymptomatic and start Day 4 again. *Asymptomatic for 24 hours= proceed to Day 5		
5	Full practice	Full practice with no restrictions	*Symptoms return= STOP! 24 hrs normal activity until asymptomatic and start Day 5 again. *Asymptomatic for 24 hours= present to neuropsychologist/physician for clearance		

\*Completion of accepted return to play protocol should be under the guidance of your treating physician or neuropsychologist.

**STEP 2:** Concussion was diagnosed, athlete not actively symptomatic, and athlete successfully completed the Return to Play Protocol. **Athlete is CLEARED to return to full participation. Date Cleared:** \_\_\_\_\_

Physician or Neuropsychologist Name (PRINT): \_\_\_\_\_ Date: \_\_\_\_\_

Physician or Neuropsychologist signature: \_\_\_\_\_ Phone: \_\_\_\_\_

Name of Practice: \_\_\_\_\_