



**Abraham Lincoln Memorial Hospital Sports care Concussion Oversight Team  
Post-Concussion Return-To-Play Consent**

In my professional judgment, it is safe for the following student-athlete to begin the return-to-play protocol (Table 1, attached) beginning on \_\_\_\_\_ (date).

Student-athlete name (print): \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

School: \_\_\_\_\_

Traumatic Brain Injury/Concussion Date: \_\_\_\_\_

Additional Comments from Physician/Athletic Trainer:  No  Yes: \_\_\_\_\_

---

---

---

---

\_\_\_\_\_  
Physician/Athletic Trainer (print)

\_\_\_\_\_  
Physician/Athletic Trainer (sign)

\_\_\_\_\_  
Date

**Table 1: Return-To Play Protocol Following a TBI or Concussion**

<b>Step</b>	<b>Description</b>	<b>Examples</b>
Step 1	<i>Begin with light aerobic exercise only to increase an athlete's heart rate</i>	5-10 minutes on an exercise bike, walking, or light jogging (no weight lifting at this point)
Step 2	Continue with activities to increase an athlete's heart rate with body or head movement	moderate jogging brief running moderate-intensity stationary biking moderate-intensity weight lifting (reduced time and/or weight)
Step 3	Add heavy non-contact physical activity	sprinting/running high-intensity stationary biking regular weight lifting routine non-contact sport-specific drills (in 3 planes of movement)
Step 4	Return to practice and full contact (if appropriate for sport) in controlled practice	
Step 5	Return to competition	