

Gradual Return to Play Plan (Checklist for Physician)

- 1. No physical activity.
- 2. Low levels of physical activity (i.e.). This includes walking, light jogging, light stationary biking, light weightlifting (lower weight, higher reps, no bench, no squat).
- 3. Moderate levels of physical activity with body/head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (reduced time and/or reduced weight from your typical routine).
- 4. Heavy non-contact physical activity. This includes sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).
- 5. Full contact in controlled practice.
- 6. Full contact in game play

Signatures

Physician: _____
Please provide contact info below

Acknowledged By: _____
Parent/Guardian

Full name of Physician: _____

Mailing Address: _____

Mailing Address: _____

Phone: _____

Date of Signature: _____
dd/mmm/yyyy

Please Print