



Return to Sports Letter

Date: _____

Student's Name: _____

To Whom It May Concern,

Your athlete was recently evaluated for a possible concussion. Please see below for the results of his or her medical assessment, and guidelines for returning to school.

- ☐ This patient has not been diagnosed with a concussion and can resume full participation in school, work, and sport activities without restriction.
- ☐ This patient has not been diagnosed with a concussion but the assessment led to the following diagnosis and recommendations:

- ☐ This patient has been diagnosed with a concussion, also known as a mild traumatic brain injury. The goal of concussion management is to promote recovery by guiding a safe and gradual return to school and sports activities.

Common symptoms of a concussion include headaches, dizziness, nausea, difficulty sleeping, and fatigue. Other symptoms include irritability, anxiety, difficulty with memory, concentration, and attention, and sensitivity to light, sound and motion.

The patient has been instructed to avoid all recreational and organized sports or activities that could potentially place them at risk of another concussion or head injury.



The patient should be symptom-free for a few days and should have fully returned to cognitive and academic activities before returning to physical activity. A step-by-step approach should be used, with each step taking at least one day. Make sure that activities do not make the symptoms worse or bring on new symptoms. If symptoms do get worse, the athlete should stop, rest until he or she is symptom-free for 24 hours, and then return to the prior step.

Medical clearance by a concussion specialist should be provided prior to a return to full contact practices or games.

Please see the attached return to sports guidelines for additional details.

Thank you very much in advance for your understanding.

Sincerely,

Print _____ M.D. / N.P.

Signature _____ M.D. / N.P.

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Return to Sport

This tool is a guideline for managing an individual's return to sport following a concussion and does not replace medical advice. Timelines and activities may vary by direction of a health care professional.

STAGE 1:	STAGE 2:	STAGE 3:	STAGE 4:	STAGE 5:	STAGE 6:
No sporting activity Physical and cognitive rest until symptoms start to improve OR after resting for 2 days max.	Light aerobic exercise Walking, swimming, stationary cycling. No resistance training. The pace of these activities should be at the point where you are still able to have a conversation.	Sport-specific exercise Skating drills (ice hockey), running drills (soccer). No head-impact activities.	Non-contact drills Progress to complex training drills (e.g. passing drills). May start resistance training.	Full-contact practice Following medical clearance participate in normal training activities.	Back in the game Normal game play
Recovery Symptoms improve or 2 days rest max? Yes: Move to stage 2 No: Continue resting Time & Date completed: _____	Increase heart rate No new or worsening symptoms for 24 hours? Yes: Move to stage 3 No: Return to stage 1 Time & Date completed: _____	Add movement No new or worsening symptoms for 24 hours? Yes: Move to stage 4 No: Return to stage 2 Time & Date completed: _____	Exercise, coordination, cognitive load Symptom-free for 24 hours? Yes: Move to stage 5 No: Return to stage 3 Time & Date completed: _____	Restore confidence; assess functional skills Symptom-free for 24 hours? Yes: Move to stage 6 No: Return to stage 4 Time & Date completed: _____	Note: Premature return to contact sports (full practice and game play) may cause a significant setback in recovery.

If new or worsening symptoms are experienced at any stage, go back to the previous stage for at least 24 hours. You may need to move back a stage more than once during the recovery process.

Medical clearance required before moving to stage 5

BOTH TOOLS CAN BE USED IN PARALLEL; HOWEVER, RETURN TO SCHOOL SHOULD BE COMPLETED BEFORE RETURN TO SPORT IS COMPLETED