

[Date]

[Athlete Name]

[Athlete ID/Team]

[Date of Injury]

Sports Medicine Concussion Protocol Outline

Dear [Parent/Guardian or Athlete Name],

Following a clinical evaluation, it has been determined that the athlete named above has sustained a concussion. To ensure a safe return to sports and academics, the following multi-stage protocol must be followed.

Stage 1: Initial Rest and Recovery

- **Activity:** 24 to 48 hours of physical and cognitive rest.
- **Goal:** Gradual reintroduction of daily activities that do not provoke symptoms.

Stage 2: Return to Learn (Academic)

- **Step 1:** Home-based mental activity (reading, limited screen time).
- **Step 2:** Return to school with accommodations (shortened days, no testing).
- **Step 3:** Full academic workload.

Stage 3: Return to Play (Physical)

Athletes must remain symptom-free for 24 hours between each step below:

- **Step 1: Light Aerobic Exercise:** Walking or stationary cycling (No resistance training).
- **Step 2: Sport-Specific Exercise:** Running or skating drills (No head impact activities).
- **Step 3: Non-Contact Training Drills:** Harder training drills and initiation of progressive resistance training.
- **Step 4: Full Contact Practice:** Participation in normal training activities following medical clearance.
- **Step 5: Return to Competition:** Full game play.

Required Documentation

Before moving to Step 4 of the physical protocol, the athlete must be evaluated by a licensed healthcare professional and provide a signed **Medical Clearance Form** to the athletic department.

Please monitor for "red flag" symptoms such as worsening headache, seizures, repeated vomiting, or slurred speech. If these occur, seek emergency medical care immediately.

Sincerely,

[Provider Name/Signature]

[Title/Organization]

[Contact Information]