

AYSA CONCUSSION RETURN TO PLAY - PHYSICIAN FORM

INITIAL PHYSICIAN EVALUATION FORM (PLEASE PRINT):

STUDENT NAME:	
DATE OF BIRTH:	
DATE OF INJURY:	
DATE OF EVALUATION	
SOCCER CLUB/TEAM:	
SCHOOL/GRADE:	

___ Through my evaluation, I have found that the athlete named above **HAS NOT** suffered a concussion and is medically returned to play on: ____/____/____.

OR:

___ Through my evaluation, I have found that the athlete named above **HAS** suffered a concussion and is not able to return to activity until cleared by a physician.

_____/_____/_____
Follow-up Appointment Date:

Physician's Name (Please Print):

At this time, the student is:

- Symptom-free at rest
- Symptom-free with exertion

- NOT** symptom-free at rest
- NOT** symptom-free with exertion

Physician Name (Print)

Physician Signature

Degree/Specialty

_____/_____/_____
Date

Physician Office Phone Number

Physician Office Fax Number

AYSA CONCUSSION RETURN TO PLAY - PHYSICIAN FOLLOW-UP FORM

FOLLOW-UP PHYSICIAN EVALUATION(S) FORM (PLEASE PRINT):

STUDENT NAME:	
DATE OF BIRTH:	
DATE OF INJURY:	
DATE OF EVALUATION	
SOCCER CLUB/TEAM:	
SCHOOL/GRADE:	

I have evaluated the above named athlete and my medical opinion is that he/she:

___ is **NOT** cleared to and will be seen in follow-up appointment on: ____/____/____

___ may return to activity on ____/____/____ and should follow the Return to Play Progression and should remain symptom free through each step.

___ may return to play on ____/____/____ is cleared to return to full activity due to the fact that they have had a complete neurological exam & neurocognitive testing** which indicates complete recovery and has completed a gradual return to play progression.

*(**Neurocognitive testing is not mandatory at this time, but is strongly encouraged by AYSA to indicate a complete recovery. Especially in cases where a baseline test has been completed.)*

At this time, the student is:

- | | |
|---|--|
| <input type="checkbox"/> Symptom-free at rest. | <input type="checkbox"/> NOT symptom-free at rest |
| <input type="checkbox"/> Symptom-free with exertion | <input type="checkbox"/> NOT symptom-free with exertion |

_____/_____/_____
 Physician Name (Print) Physician Signature Degree/Specialty Date

 Physician Office Phone Number Physician Office Fax Number

Return completed form to AYSA – azyouthsoccer@gmail.com, or Fax: (602) 433-9221

CONCUSSION RETURN TO PLAY PROGRESSION

B-R-A-I-N GUIDELINES

B – Bike

- Light Aerobic Activity Phase
- Goal is to increase your heartrate
- 10-20 minutes in duration

R – Run

- Moderate Aerobic Activity Phase
- Goal is to return to a base level of fitness
- Running or jogging for 20-30 minutes

A – AGILITY

- Sport Specific Activity
- Goal is to return to soccer skills
- Work on passing, shooting, footwork with a ball on a soccer field
- Max 60 minutes of activity

I - In Another Color

- Non-Contact Return to Practice
- Goal is to return to a team setting without entering into contact activity
- Allow for reacclimation to being around others
- Can be done in practice setting or with other athletes that understand restrictions
- Important for the all members of the team understand players limitations

N – No Restrictions

- Goal is full return to practice with a medical clearance from a physician
- Full return should be first done in a practice not a game

Note: This form is to be used as a general guideline for return to soccer. There should be a 24 hour period between each stage in which the athlete does not have an increase in symptoms. If symptoms reoccur or increase, there should not be advancement to the next stage. This progression should be monitored by a medical professional, coach or parent.