**Medical Assessment Letter**

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Athlete’s Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To whom it may concern,

Athletes who sustain a suspected concussion should be managed according to the *Canadian Guideline on Concussion in Sport*. Accordingly, I have personally completed a Medical Assessment on this patient.

**Results of Medical Assessment**

* 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:

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* This patient has been diagnosed with a concussion.

The goal of concussion management is to allow complete recovery of the patient’s concussion by promoting a safe and gradual return to school and sport activities. 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. Starting on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(date), I would ask that the patient be allowed to participate in school and low-risk physical activities as tolerated and only at a level that does not bring on or worsen their concussion symptoms. The above patient should not return to any full contact practices or games until the coach has been provided with a *Medical Clearance Letter* provided by a medical doctor or nurse practitioner in accordance with the *Canadian Guideline on Concussion in Sport*.

Other comments:

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Thank-you very much in advance for your understanding.

Yours Sincerely,

Signature/print\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ M.D. / N.P. (circle appropriate designation)\* *\*In rural or northern regions, the Medical Assessment Letter may be completed by a nurse with pre-arranged access to a medical doctor or nurse practitioner. Forms completed by other licensed healthcare professionals should not otherwise be accepted*

**We recommend that this document be provided to the athlete without charge.**

***Return-to-School Strategy***

The following is an outline of the *Return-to-School Strategy* that should be used to help student-athletes, parents, and teachers to collaborate in allowing the athlete to make a gradual return to school activities. An initial period of 24-48 hours of rest is recommended before starting the *Return-to-School Strategy.* The student-athlete should spend a minimum duration of 24 hours without symptom increases at each stage before progressing to the next one. Depending on the severity and type of the symptoms present student-athletes will progress through the following stages at different rates. If the student-athlete experiences new symptoms or worsening symptoms at any stage, they should go back to the previous stage. Athletes should also be encouraged to ask their school if they have a school-specific Return-to-Learn Program in place to help student-athletes make a gradual return to school.

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| **Stage** | **Aim** | **Activity** | **Goal of each step** |
| **1** | Daily activities at home that do not give the student-athlete symptoms | Typical activities during the day as long as they do not increase symptoms (i.e. reading, texting, screen time). Start at 5-15 minutes at a time and gradually build up. | Gradual return to typical activities |
| **2** | School activities | Homework, reading or other cognitive activities outside of the classroom. | Increase tolerance to cognitive work |
| **3** | Return to school part-time | Gradual introduction of schoolwork. May need to start with a partial school day or with increased breaks during the day. | Increase academic activities |
| **4** | Return to school full-time | Gradually progress | Return to full academic activities and catch up on missed school work |

McCrory et al. (2017).  Consensus statement on concussion in sport – the 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine, 51*(11), 838-847.

***Wheelchair Basketball-Specific Return-to-Sport Strategy***

The following is an outline of a basic Return-to-Sport Strategy (RTSS) that should be used to help athletes, coaches, trainers, and medical professionals to partner in allowing the athlete to make a gradual return to sport activities. An initial period of 24-48 hours of rest is recommended before starting any RTSS*.* The athlete should spend a minimum duration of 24 hours without symptom increases at each stage before progressing to the next one. If the athlete experiences new symptoms or worsening symptoms at any stage, they should go back to the previous stage. It is important that youth and adult student-athletes return to full-time school activities before progressing to stage 5 and 6 of the RTSS***.*** It is also important that all athletes provide their coach with a *Medical Clearance Letter* prior to returning to full contact sport activities.

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| --- | --- | --- | --- |
| **Stage** | **Aim** | **Activity** | **Goal of each step** |
| **1** | Symptom-limiting activity | Daily activities that do not provoke symptoms | Gradual re-introduction of work/school activities |
| **2** | Light aerobic activity | Stretching and low to moderate pace aerobic work-outs. No resistance training  *-For example, slow to medium pace aerobic work-outs for 15-20 minutes at sub-symptom threshold intensity.* | Increase heart rate |
| **3** | Sport-specific exercise | Low to moderate intensity individual dribbling, shooting and passing drills. Moderate intensity aerobic and anaerobic work-outs. No team drills or head impact activities | Add movement |
| **4** | Non-contact training drills | High intensity dribbling, shooting, and passing drills. Non-contact individual and team drills. May start progressive resistance training. No head impact activities | Exercise, coordination and increased thinking |
| **5** | Full contact practice | Following medical clearance  *- Participation in full practice without activity restriction* | Restore confidence and assess functional skills by coaching staff |
| **6** | Return to sport | Normal game play |  |

McCrory et al. (2017).  Consensus statement on concussion in sport – the 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine, 51*(11), 838-847.