Rawlins County High School Return to Play Policy

Once patient is completely symptom free patient and cleared by a provider, the patient may begin gradual return to play with Emily Wahrman, ATC. Following each step, patient must continue to remain symptom free for 24 hours to progress to next step. If patient’s symptoms return at any step, patient must return to prior step.   
  
Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
Date\_\_\_\_\_\_\_\_\_ Step One- Light cardio activity i.e. light jogging

Initial \_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_ Step Two- Increase cardio activity, sport specific drills i.e. running, pushups, sit ups, elliptical, bike, ball handling, full court lay-ups

Initial \_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_ Step Three- **Non Contact drills**- may run pass routes, throwing drills, **absolutely no contact**, agilities, individual drills, offense/defense

Initial \_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_ Step Four- Full Contact- may participate in all drills and all of practice

Initial \_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_ Step Five- Return to game

Initial \_\_\_\_\_\_\_\_