



Name _____

Date of Injury _____

School/Sport _____

Date of AHCP RTP Clearance _____

Release for Graduated Return to Play

With no symptoms, Post Concussion ImpACT testing, a gradual return to play program can be initiated. Follow these gradual progressive steps of the training sequence.

There should be approximately 24 hours (or longer) in between each step. If any symptoms return at any time during these activities, stop the work out. Rest until symptom-free for 24 hours. Return to the previous asymptomatic step. If symptoms return or worsen, seek medical attention.

