



# Concussion Return-to-Play (RTP) Protocol Form

Graduated 6-step return-to-sport progression with provider sign-off

Athlete name \_\_\_\_\_

Date of birth \_\_\_\_\_

Date of injury \_\_\_\_\_

Sport / team \_\_\_\_\_

Parent / guardian (if minor) \_\_\_\_\_

Evaluating provider \_\_\_\_\_

## How to use this form

Begin once symptoms have settled at rest. Spend a **minimum of 24 hours** at each step. Mild, brief symptoms that stay within a tolerable threshold — an increase of **no more than 2 points on a 0–10 scale, lasting under an hour** — are acceptable as the athlete progresses. A larger spike (a rise of 3 or more points), or symptoms that do not settle, means easing back to the previous well-tolerated step before trying again.

#	Stage	What it looks like <i>Sport-specific RTPs → <a href="https://drneilpatelmd.com/return-to-play-by-sport">drneilpatelmd.com/return-to-play-by-sport</a></i>	Goal	Date	Symptoms within threshold? (Y/N)	Initials
1	<b>Symptom-limited activity</b>	Normal daily activities (school, work, light walking) that do not provoke symptoms. No sport.	Gradual return to school / work			
2A	<b>Light aerobic exercise</b>	Walking or stationary cycling at a slow pace, up to ~55% of max heart rate. No resistance training.	Increase heart rate			
2B	<b>Moderate aerobic exercise</b>	Walking or stationary cycling at a medium pace, up to ~70% of max heart rate.	Add movement / load			
3	<b>Sport-specific exercise</b>	Running or skating drills away from the team. No head-impact activity.	Add movement, change of direction			
<b>Steps 4–6 should begin after resolution of any symptoms, abnormalities in cognitive function, and any other clinical findings related to the current concussion, including with and after physical exertion.</b>						
4	<b>Non-contact training drills</b>	Harder, non-contact drills; may add progressive resistance training and greater thinking load.	Resume usual exercise & coordination			
5	<b>Full-contact practice</b>	After written medical clearance: return to normal training including contact.	Restore confidence; assess skills			
6	<b>Return to sport</b>	Full game play and competition.	Normal game play			

**Stage 5 (full contact) requires written medical clearance** from a qualified healthcare provider — required by law in most U.S. states for youth athletes (some states also require it before earlier stages). Check your state and league rules.

## Sign-off

**Parent / guardian (if athlete is a minor):** I verify that, to the best of my knowledge, the athlete completed each step recorded above.

Parent / guardian signature \_\_\_\_\_

Date \_\_\_\_\_

**Evaluating provider:** I have evaluated this athlete and, in my medical judgment, they have completed the graduated return-to-play progression and are cleared for full, unrestricted return to sport.

Provider signature \_\_\_\_\_

Credentials \_\_\_\_\_

Date \_\_\_\_\_

## Target heart-rate zones

Predicted max HR = 220 – age

Age	Max HR (bpm)	2A ~55%	2B ~70%
14	206	~113	~144
16	204	~112	~143
18	202	~111	~141
20	200	~110	~140
22	198	~109	~139