

Patient Name:
DOB:
Date of Injury:
Date of Appt:



STEWARD ST. ELIZABETH'S
BONE & JOINT CENTER
Jennifer Luz, MD
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Sports Medicine
Department of Orthopedics

Dr. Luz Concussion Clinic

Patient Information Letter with Return to School/Return to Play Guidelines

During today's appointment, you were diagnosed with a concussion, or were following up on a previously diagnosed concussion. You will be given 2-3 copies of this letter; you should keep one for you and your parents to review and give the other copies to school administrators and athletic coaches for their reference.

****Attention school administrators and coaches: This letter constitutes a physician's formal recommendations for excusal from activities or modification of activities. This patient is currently experiencing post-concussion symptoms that could negatively impact their academic performance, and academic and athletic activities may worsen their symptoms or impair their improvement. Please accommodate the recommendations below.**

What is a Concussion?

A concussion is a mild traumatic brain injury occurring when impact causes the brain to move suddenly within the skull. There may have been no obvious "hit" to your head, and concussions typically do not involve brain damage or bleeding. A concussion temporarily impacts your brain function, and modifications to your school and athletic activity will be required to insure a full recovery in the quickest, safest manner possible.

What are the Symptoms of a Concussion?

Symptoms can vary between people. You may be experiencing these symptoms now, or they may not appear for several days. **If your symptoms become suddenly more severe or limiting (see "Red flag" symptoms), contact your doctor or go to the emergency department.** Symptoms may be:

- Physical: Headache, dizziness, poor balance, nausea/vomiting
 - Neurological: Memory issues, difficulty concentrating, insomnia or excess sleepiness
 - Mental: Irritability, sadness, mood swings
 - **"Red flag" symptoms: Increasing confusion/irritability/behavior changes, slurred speech, worsening headaches, weakness or numbness, repeated vomiting, difficulty/inability to awaken child**
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How are Concussions Treated?

Your physician will work with your parents, teachers, and coaches to manage recovery. MA state law requires a physician certified in concussion management to clear youth athletes for return to play. Your recovery will focus on "brain rest" according to the limitations listed on the next page. Your multi-disciplinary treatment approach may involve medications, neuropsychology, cognitive rehabilitation, vestibular therapy, neurology, otolaryngology, and speech therapy. When you are symptom free, you may begin a slow progression back to normal activities—it is critical to allow full recovery, to prevent long-term effects from the concussion. For first-time concussions recovery typically takes 7-10 days. For subsequent or severe concussions recovery may take weeks to months.



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****A check mark indicates that the listed modification is medically recommended**

Modification of Typical Daily Activities:

- Limit "screen time"- cell phones, computers, TVs, and limit any reading (books, magazines)
- Get adequate sleep at night (approximately 8 hours), and rest or nap during the day if fatigued
- Eat regularly during the day, and keep hydrated
- Keep a symptom diary, and note any increases in symptoms that may indicate too much activity
- No continued restrictions as of _____

Modification of School Activities:

- Student should be excused from school until _____ these are **medical absences**
- Student may return to school on _____ **with the limitations noted below**
- No classroom or standardized testing
- Shortened classes with rest breaks in between- max class length _____ mins
- Allow extra time to complete tests and assignments
- Decrease homework volume by _____%- max estimated nightly homework _____ mins
- Allow for rest breaks, nurse visits, medication use, or other accommodations listed below:
- Other: _____
- No continued restrictions as of _____

Modification of Athletic/Physical Education Activities:

****Do not return to physical activity if you are still having any symptoms- if at any point your symptoms return, stop activity and contact your physician**

- No physical activity including sports and PE at this time
- May begin gradual return to activity on _____ with the following steps:
 - Low level activity (walking, light jogging/biking/lifting)- if no symptoms, go to next level
 - Moderate activity (mod jogging/biking/lifting, short runs)- if no symptoms, go to next level
 - Heavy **no contact** activity (regular running and lifting, sports drills)- if no symptoms, go to next level
 - Full contact in controlled practice drills- if no symptoms, go to next level
 - Full contact in games- **requires clearance by physician**
- No continued restrictions as of _____

Please contact our office with any questions. Your assistance with this patient's recovery is appreciated.

Sincerely,

-Dr. Jennifer Luz