

# SOUTHERN LEHIGH YOUTH BASEBALL CONCUSSION EVALUATION FORM

Date: \_\_\_\_\_

Dear Physician,

\_\_\_\_\_ has sustained a concussion while participating in baseball activities with Southern Lehigh Youth Baseball and has been referred to you for evaluation. The athlete presented with the following concussion sign(s) and symptom(s) upon their sideline field testing:

\_\_\_\_\_.

To assist you, the following is a background on how head injuries at Southern Lehigh Youth Baseball are handled, including return to play guidelines.

**Please note according to the most recently published guidelines, if any of the following sign(s) or symptom(s) appear following the injury, a concussion should be suspected: headache, dizziness, nausea, cognitive impairment (ie: “feeling in a fog”, difficulty concentrating, slowed reaction time), vision changes, irritability, light or noise sensitivity, sleep disturbance, fatigue, drowsiness, etc.**

In concert with our consultants, Southern Lehigh Youth Baseball follows the concussion guidelines set forth by the Zurich Concussion Consensus Statement as described below:

## **Return to Play Guidelines**

**First time concussed athletes with no loss of consciousness and signs/symptoms lasting less than 7 days may return to play when he/she meets the following criteria:**

- 1. Asymptomatic (with no use of medications to mask symptoms).**
- 2. Completes the Zurich Activity Progression (see below) once asymptomatic for 24 hours and medically cleared to do so.**

## **Zurich Return to Activity Progression**

We follow a stepwise activity progression based on recommendations in the Zurich Consensus Statement from the 3rd International Congress on Concussion in Sport as follows:

Step 1: Light aerobic exercise (ie: stationary bike, elliptical machine, routine home play)

Step 2: Moderate aerobic exercises (begin running program)

Step 3: Functional exercises (increase running intensity, begin agilities, non-contact sport-specific drills)

Step 4: Non-contact practice activities

Step 5: Full contact practice

Step 6: Full game play

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| <p><b>Each step is separated by 24 hours. If any symptoms occur, the athlete will drop back to the previous level and try to progress again after 24 hours of rest has passed.</b></p> |
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