

6634 New Sulphur Springs Rd
San Antonio, Texas 78263
(210) 648-7861

Patient Name: _____ **Date:** _____
 Last Name First Name
D# _____ **School:** _____ **Sport:** _____ **Grade** _____

Release from treating physician.
Step one – Asymptomatic for 24 continuous hours.
Step two – Light aerobic exercise (e.g., stationary bike/treadmill for 10-15 minutes).
Step three – Sport specific conditioning. Goal is to have athlete sweat and increase heart rate.
Step four – Non-contact training drills. Practice with no contact (e.g., no pads in football).
Step five – Full contact practice.
Step Six – Return to full play.

Phone number: