

**Hillsdale Public Schools**  
**PHYSICIAN CONCUSSION EVALUATION FORM**

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

Dear Physician:

\_\_\_\_\_ has sustained a head injury while participating in \_\_\_\_\_  
\_\_\_\_\_ at school and has been referred to you for evaluation. The following information provides some background on how we handle head injuries at Hillsdale Schools, including return to play guidelines.

At the direction of our school physician, Dr. David Zigelman, and adopted by the Hillsdale Board of Education, Hillsdale Schools follows the concussion guidelines set forth by the Zurich Concussion Consensus Statement and the NJSIAA as follows:

**Return to Play Guidelines**

Concussed athletes may return to play when he/she meets the following criteria:

1. Asymptomatic (with no use of medications to mask headache or other symptoms) for 7 days at the minimum.
2. Completes the Zurich Activity Progression (see below) once asymptomatic for 7 days and medically cleared to do so.

The asymptomatic period for any concussion may be extended at the discretion of the Montvale Schools physician. Physician clearance notes inconsistent with the concussion policy may not be accepted and such matter will be referred to our school physician.

**Zurich Return to Activity Progression**

We follow a stepwise activity progression based on recommendations in the Zurich Consensus Statement from the 3<sup>rd</sup> International Congress on Concussion in Sports as follows:

- Step 1: Light aerobic exercise (i.e. stationary bike elliptical machine)
- Step 2: Moderate aerobic exercises (begin running program)
- Step 3: Functional exercises (increase running intensity; begin agility, non-contact sport-specific drills)
- Step 4: Non-contact practice activities
- Step 5: Full contact practice activities
- Step 6: Full game play

**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.

Thank you for your assistance. If you have any questions, please feel free to contact either of us or Dr. Zigelman.

Christine Fanelli  
Ann Lampert-Deutsch  
Rose Bauerle  
School Nurses-Hillsdale Public Schools

# Hillsdale Public Schools

## For the Physician

Please indicate your diagnosis and treatment plan below. Please note that return to sports clearance that is inconsistent with our concussion policy may not be accepted and these matters will be referred to our school physician. Thank you

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

Physician's Diagnosis: \_\_\_\_\_

Please check ONE of the following:

\_\_\_\_\_ The student has not sustained a concussion and may return to play without any restrictions.

\_\_\_\_\_ The student has sustained a concussion and is to see me again before beginning any physical activity.

\_\_\_\_\_ The student has sustained a concussion and is cleared for unrestricted physical activities once he/she meets the criteria outlined in the school's return to play policy. This includes:

1. A symptomatic (with no use of medications to mask headache or other symptoms)
2. Completion of Zurich Activity Progression. This may begin once the athlete is asymptomatic for 7 days.

Additional comments:

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Physician's Name (please print): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Physician's Signature: \_\_\_\_\_