



## Student Details

NAME	YEAR LEVEL/AGE	/
SPORT	DATE OF NEXT MATCH/EVENT	
INJURY SUSTAINED		
DATE OF INJURY	LOCATION OF INCIDENT	

## Health Professional Report

NAME	BUSINESS NAME
CONTACT PHONE	EMAIL

### INJURY DIAGNOSIS

### TREATMENT PLAN

### RETURN TO SPORT GUIDELINES AND EXERCISES

### DATE FOR REVIEW

Please use back of page to add extra notes

### ACTIVITIES TO AVOID

- |                                                 |                                              |
|-------------------------------------------------|----------------------------------------------|
| <input type="checkbox"/> Sprinting/Jumping      | <input type="checkbox"/> Running (>70%)      |
| <input type="checkbox"/> Jogging (>50%)         | <input type="checkbox"/> Walking             |
| <input type="checkbox"/> Aggravating Activities | <input type="checkbox"/> Change of Direction |
| <input type="checkbox"/> Lower Body Weights     | <input type="checkbox"/> Upper Body Weights  |
| <input type="checkbox"/> Bike                   | <input type="checkbox"/> Swimming            |
| <input type="checkbox"/> Rower                  | <input type="checkbox"/> Core exercises      |
| <input type="checkbox"/> Deep Squats/Lunges     |                                              |

### RECOMMENDED THERAPY

- |                                                   |                                                 |
|---------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Massage from therapist   | <input type="checkbox"/> Professional treatment |
| <input type="checkbox"/> Rehabilitation exercises | <input type="checkbox"/> Bike                   |
| <input type="checkbox"/> Foam roller              | <input type="checkbox"/> Stretch                |
| <input type="checkbox"/> Trigger ball massage     | <input type="checkbox"/> Self-massage           |
| <input type="checkbox"/> Complete rest            | <input type="checkbox"/> Decreased load         |
| <input type="checkbox"/> Walk/Jog/Run Progression |                                                 |

SIGNATURE