



Medical Assessment Letter

Medical Office, please complete:	
Practitioner Name	
Role and License #	
Email / Contact #	
Date of event / injury	

To Whom It May Concern:

Any individual who sustains a blow or impact to the head, face, neck or body and demonstrates any visual signs of concussion or reports any of the symptoms of concussion is recommended to be assessed by a doctor, nurse practitioner, or licensed healthcare professional with relevant training. Accordingly, I have personally completed a medical assessment on this patient.

Name of Patient: _____

Results of the Medical Assessment

This patient has not been diagnosed with a concussion or other injury and can return, with full participation to work, school, or physical activities without restriction.

This patient has not been diagnosed with a concussion but the assessment led to the following diagnosis and recommendations:

This patient HAS been diagnosed with a concussion. *See below for concussion management protocol.*

This patient has been instructed to avoid all activities that could potentially place them at risk of another concussion or head injury, or activities with implications for the safety of others (e.g., driving, dangerous job duties, and contact sports) until a medical or licensed healthcare professional with relevant training provides a Medical Clearance Letter.

Yours Sincerely,

Signature _____

Stamp 

Concussion Management

The goal of concussion management is to allow complete recovery through a safe and gradual return to work, school, and physical activities following a step-wise approach. *Note: a patient's progress through the return to activity steps is unique to the individual.* For more detailed guidance on step progression, please refer to the Concussion Awareness Training Tool (CATT) at cattonline.com.

Step 1: Activities of daily living and relative rest

After sustaining a concussion, the patient has been instructed to engage in activities of daily living and relative rest* for a maximum of 24-48 hours post-injury.

Not yet completed
 Completed on (dd/mm/yyyy) _____
 Time period has passed

Step 2: Gradual return to activity

The patient can begin the return to activity process at home, by increasing the intensity of their activities that do not result in more than mild and brief* exacerbation (worsening) of concussion symptoms.

Not yet completed
 Completed on (dd/mm/yyyy) _____
 Time period has passed

Step 3: Return to work, school, and physical activity and gradually resume daily activities

The patient can initiate a graduated return to work, school, and physical activities, by increasing and gradually resuming usual activities (supported with accommodations, modifications, and restrictions as needed) as tolerated.

Individuals experiencing concussion symptoms should return to Step 2 to establish full resolution of symptoms with exertion before engaging in at-risk activities. Written determination of medical clearance should be provided before returning to activities that involve any risk of inadvertent head impact.

Not yet completed
 Completed on (dd/mm/yyyy) _____
 Time period has passed

Restrictions/Accommodations	Details	Timeline

*Relative rest: activities of daily living including walking and other light physical and cognitive activities are permitted as tolerated.

Mild exacerbation (worsening) of symptoms: No more than a 2-point increase when compared with the pre-activity value on a 0-10-point symptom severity scale.* "Brief" exacerbation of symptoms: Worsening of symptoms for up to 1 hour.

***0-10 point symptom severity scale: Please see the [Visual Analog Scale](#) for an example of a 0-10 symptom severity scale.

Step 4: Full return to work, school, and physical activities

The patient can return with full participation to work, school, and physical activities with no concussion-related accommodations.

Not yet completed

Completed on (dd/mm/yyyy) _____

Time period has passed

Restrictions/Accommodations	Details	Timeline

Yours Sincerely,

Signature _____

Stamp 

It is recommended that this document be provided to the patient without charge.