

## Returning to Practice after Injuries or Illness Requiring Professional Medical Attention

**Injury:** A little stiffness and soreness are normal. However, if the pain is sharp, or if it does not go away during the warm-up, you may have an injury. The best response is to talk with one of your coaches and then rest for a day or two, using ice to reduce swelling, and massaging stiff muscles with rollers. If you miss several practices due to an injury, there may be physical problems that a physical therapist or doctor will need to address.

**Illness:** If practices are missed due to injury or prolonged illness needing professional medical care please have your physician fill out the form below so that we can facilitate your safe return to practice.

### Medical Release Back to Rowing after Injury or Illness:

**Athlete's Name:** \_\_\_\_\_

**Athlete's e-mail:** \_\_\_\_\_

**Parent's Name:** \_\_\_\_\_

**Parent' e-mail:** \_\_\_\_\_

**Doctor's Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Medical Diagnosis:** \_\_\_\_\_

1) What type of actions should the athlete take to work their way back to healthy, pain free participation in rowing?

2) When should an athlete expect to see improvement?

3) What symptoms should the athlete be aware of that indicates the athlete should stop what they are doing or they should get rechecked by a doctor?