



Activity Restrictions Following an Abdominal Injury
(Including liver, spleen, pancreas, kidney, or bowel)

_____ was a patient at the WVU Children's Hospital on _____ .

When they return to school they will have some limitations on their activity. The student should leave class 5 minutes before the other students to avoid bumping into other children in the halls. They should also not carry or lift more than 1-2 textbooks at a time, even if in a book bag or backpack. Please contact _____ for any specific questions or concerns.

_____ May return to school in _____ week/weeks (Date _____).

_____ May not participate in *gym/recess for _____ weeks (Date _____).

_____ May not participate in **contact/competitive sports for _____ weeks (Date _____).

*Home restricted activities during this time also include: Gymnastics, Dance, Biking, Skiing, Sled riding, Swimming, Jungle Gyms, Skateboarding, Roller skating or blading, Running, and Jogging.

**Contact/Competitive sports include: Basketball, Soccer, Football, Boxing, Diving, Ice/Field Hockey, Lacrosse, Martial Arts, Rodeo, Rugby, Ski jumping, Wrestling, Team handball, and Water polo.

Health Care Provider Signature: _____

Date: _____