



Freeport Middle School Physical Education Department

Return to Physical Education "Medical Can Do" Form

Physicians, please check the appropriate box, sign, and date the form below.

Returning to Physical Education

- May resume physical education
- May return to physical education after (#) _____ weeks
- May return to physical education with modifications (see list below)

Recommended Activities in Physical Education

- No modifications
- Stationary biking (lower body)
- Stationary biking (upper body)
- Weight training (lower body)
- Weight training (upper body)
- Jogging / Walking
- Prescribed Physical Therapy Program
- Body Weight Exercises
- Cardio Training (Elliptical; Treadmills)

Additional Comments:

Students Name: _____

Physician's Signature: _____

Date to Begin: _____

Date to End: _____