

**ATLANTO-AXIAL INSTABILITY STATUS
FORM
FOR ATHLETES WITH DOWN SYNDROME**



COUNTY: _____ SCHOOL/AGENCY: _____

ATHLETE NAME Last: _____ First: _____

DATE OF BIRTH: _____ / _____ / _____
month day year

<p>A cervical vertebrae x-ray study shows that the above athlete (check one)</p> <p>_____ does have _____ does not have</p> <p>evidence of Atlanto-axial Instability.</p>
--

Physician Comments: _____

Physician Name (please print): _____

Physician Signature: _____

Physician Title/Certification: _____ Date: _____

If the above athlete does have Atlanto-Axial Instability then they will be restricted from the sports/events listed below unless they submit a “Special Release for Athletes with Atlanto-axial Instability Form”. This form details any restrictions an athlete may have, the name, address and signature of two examining physicians and the signature of the adult athlete and witness or the parent/guardian of a minor athlete.

Restricted sports training and competition activities include: butterfly stroke, diving starts in swimming, diving, pentathlon, high jump, equestrian sports, artistic gymnastics, football (soccer), squat lift, alpine skiing and any warm-up exercise placing undue stress on the head and neck.