

Physical Restraint Medical Clearance

To be completed by physician — recommended for students whose behavior plan may involve physical management

Laradon staff are trained to manage crisis situations using the QBS Safety Care curriculum. Staff will use physical holds, including floor restraints, only when less restrictive interventions have not succeeded in managing a severe behavioral crisis.

Laradon uses one type of floor restraint, the Three-Person Supine Stability Hold: the student is gently lowered to the floor from standing to a face-up position, arms out from the body in a cross position with palms on the floor. A staff member kneels beside each side of the student's torso and holds the arm above the wrist and below the elbow, with the other hand above the wrist, below the shoulder, without squeezing, pinching, or pressing downward. No pressure is placed on the torso. A third staff member controls the legs above the ankles without placing weight on the student.

- ☐ I certify that this student does not have any condition that would prohibit the use of physical restraint as described above.
- ☐ This student has the following condition(s) that require modification or precludes use of physical restraint (describe below):

Physician's Signature

Date