

Judo Return-to-Sport Strategy
Developed with Judo Canada

| Stage | Aim | Activity | Goal of each step |
|-------|--------------------------------|---|---|
| 1 | Symptom-limiting activity | Daily activities that do not provoke symptoms or make symptoms worse | Gradual re-introduction of work/school activities |
| 2 | Light aerobic activity | Light jog or stationary cycling at slow to medium pace. No resistance training. - <i>Light intensity jogging or stationary cycling for 15-20 minutes at sub-symptom threshold intensity</i> | Increase heart rate |
| 3 | <i>Sport-specific exercise</i> | <i>Low intensity sport-specific exercises. No head impact activities.</i> - <i>Moderate intensity jogging for 30-60 minutes at sub-symptom threshold intensity</i> - <i>Low to moderate Uchi-Komi, technical Ne-waza, and agility drills</i> <i>NO lifting, throwing or Sankaku/other chokes as Uke</i> | Add movement |
| 4 | Non-contact training drills | Higher intensity sport-specific exercises with no contact Harder training drills with moderate resistance May start progressive resistance training - <i>Participation in high intensity running and drills</i> - <i>Increase difficulty of technical training, adding lifting, throwing (as Tori ONLY), and Kumikata sequences</i> - <i>Participation in resistance training workouts without maximum efforts, jumping or Valsalva maneuver</i> | Exercise, coordination and increased thinking |
| 5 | Full contact practice | Following medical clearance Part A) - <i>Training with controlled contact</i> - <i>Eliminating situations of hard impact</i> - <i>Progressive intensity Ne-waza and Tachi-waza randori</i> Part B) - <i>Participation in full practice without activity restriction</i> | Restore confidence and assess functional skills by coaching staff |
| 6 | Return to sport | Normal training & return to competition | |

Adapted from: McCrory et al. (2017). Consensus statement on concussion in sport – the 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 51(11), 838-847.