

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.