



Judo Canada Concussion Management

Return to Play: Elite Athletes

An initial period of 24-48 hours of rest post injury is recommended before starting the Judo-Specific Return-to-Sport strategy. (**a longer rest period could be required by a healthcare professional, especially for athletes under 25 years old).

In order to provide comprehensive evaluation of athletes with a suspected concussion, the athlete must see a medical doctor for a medical assessment to make the diagnosis of concussion and to rule out more serious forms of traumatic brain and spine injuries as well as medical and neurological conditions that can present with concussion-like symptoms.

If at any step of either the return-to-school or return-to-sport strategies the athlete experiences new symptoms or worsening of symptoms with he/she should stop activity, rest until symptoms resolve (minimal 24 hrs) then return to the previous step. If the athlete experiences new or worsening symptoms with step 5 (A/B) or 6 of the return-to-sport strategy he/she should stop activity and contact the healthcare professional in charge of supervising the return strategies.

Prior to returning to contact practice (Step 5 A/B) each athlete that has been diagnosed with a concussion must provide their coach with a *Medical Clearance Letter*. If the athlete experiences any new concussion-like symptoms while returning to play, they should be instructed to stop playing immediately, notify their parents, coaches, trainer or teachers, and undergo follow-up *Medical Assessment*.

It is important that youth and adult student-athletes return to full-time school activities before progressing to Stage 5 (A/B) and 6 of the judo-specific return-to-sport strategy.

ALL ATHLETES ARE REQUIRED TO PROVIDE HIS/HER COACH WITH A MEDICAL CLEARANCE LETTER/PHYSICIAN'S AUTHORIZATION PRIOR TO FULL CONTACT SPORT ACTIVITIES (5 A/B)



Return to Play: Elite Athletes

Return-to-learn

Return-to-Play

Initial Rest Period

Step 1- Symptom Limiting Activity

Daily activities that do not provoke symptoms. Start at 5-15 minutes at a time and gradually build up doing typical daily activities as long as they do not increase symptoms

Step 2- School Activities-Outside the Classroom

Mental effort in 30-45 min sessions (progressing up to 60 min as tolerated)
Homework, reading, or other cognitive activities

When the athlete can maintain a mental effort/perform cognitive work 2-3 times a day for a period of 60 min without symptoms, he/she can move on to step 3

Step 2-Light Aerobic Activity

Bike or jogging (total 20 min):
3 min warm up at 40-50% max HR,
15 min at 70% max HR,
2 min cool down at 40-50% max HR

Step 3A- Return to School Part-Time (Light Workload)

Gradual re-introduction of school
Up to 120 min of cognitive activity at a time
No music or physical education/sport classes
No exams

When the athlete can maintain a cognitive effort/perform cognitive tasks for 120 min a day for 1 -2 days without symptoms, he/she can move on to step 3B

Step 3- Sport Specific Exercises

AM: Aerobic Exercise

-Bike (total 20 min): 3 min warm up at 40-50% max HR, 15 min at 70% max HR, 2 min cool down at 40-50% max HR

PM: Technical Drills

-60 minutes duration including breaks between exercises
-Throughout the practice the athlete takes 5-minutes of rest after each 5 minutes of training

-Drills:

- Low intensity static Uchi-komi, 2 x 5 minutes
- Low intensity moving Uchi-komi, 2 x 5 minutes
- Low intensity Ne-waza Uchi-komi 2 x 5 minutes (no Sankaku control or any kind of chokes)

Step 3B- Return to School Part-Time (Moderate Workload)

Up to 4-5 hrs of cognitive activity per day (with breaks)
No music or physical education/sport classes
No exams

When the athlete can maintain a cognitive effort/perform cognitive tasks for 4-5 hrs a day for 2-4 days without symptoms, he/she can move on to step 4



Step 4A- Return to School Full-Time (Nearly Normal Workload)

Near Normal cognitive activities
Begin routine schoolwork as tolerated

Homework up to 60 min per day

Minimal learning accommodations

No Physical education/sports classes
No Standardized tests/exams

When the athlete can tolerate full-time
academic load, he/she can move on to step
4B

Step 4B- Return to School Full-Time (Full Workload)

Resume normal cognitive activities/full
school curriculum load/ routine schoolwork

No learning accommodation
Catch up on missed schoolwork

Step 4- Non-Contact Training Drills

AM: Gym Training (weights):

Warm up on the bike or jog: 40-50% max HR
-Intensity of session: maximum 60% 1RM or
80% of 6RM

-No jumps, power cleans or jerks, exercises
where head is lower than the waist (ie: back
extension), or Valsalva maneuver

PM: Judo Training (**NO RANDORIS**)

-90 minutes duration including breaks
between exercises

- Judo warm-up with the team
*15 minutes

**Do not perform rolling, break falls,
somersaults or partner carrying exercises

- Ne-waza Uchi-komi
*no resistance: 5-10 minutes
*light resistance: 5 minutes

1-minute break after each 5 minutes and a
5-minute break after the whole exercise

- Inline Uchi-komi
*5 minutes, 2-minute break
- Moving Uchi-komi--lifting partner
*2 x 5 minutes, 2-minute break
- Static speed Uchi-komi
*5 x 10 seconds

15-second break between each set and a 2-
minute break after the whole exercise

- Lifting static power Uchi-komi
*5 x 10 seconds

15-second break between each set and 2-
minute break after the whole exercise

- Kumikata sequences--grip and move
the partner
*2 x 5 minutes --alternating 30
seconds with the partner

2-minute break between each set

** Avoid high grips from the partner to
prevent receiving impact to head

- Nagekomi
*5 x 30 seconds

30 second break between each set

**As Tori only, without resistance and
without follow through of the Tori on the
ground



MEDICAL CLEARANCE BEFORE MOVING ON TO STEP 5

Step 5A- Training with Controlled Contact

AM: Judo or Circuit Training (45 min)

- Ne-waza & Tachi-waza: technical/Uchi-komi, offense/defense exercises with resistance
- Ne-waza randori (2-3 rounds)
4-5 minutes each
5-minute break between consecutive randoris
- Controlled Nage-Komis onto crashmat

PM: Full Judo practice with controlled contact (**NO HARD IMPACT**)

-120 minutes duration including breaks between exercises

- Full training eliminating situations of hard impact (hard throws on the mat, high gripping from the partner during the Kumikata fights and the randori, high intensity Tachi-waza into Ne-waza transitions)
- Have 4 to 5-minute break in between each randori, both Ne-waza and Tachi-waza
- Follow a progression of 2 - 3 Ne-waza randoris and 2 light Tachi-waza randoris followed by 2 regular randoris. NO HARD IMPACT

Step 5B- Full Training with Contact

AM: Gym training (weights)

-Return to regular training

PM: Full judo practice with no restrictions

Step 6- Return to Sport & Competition

Normal training & return to competition

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