

Return to physical activity after a concussion

Wrestling

Stage	Activity	Wrestling exercises	Goal
1	<ul style="list-style-type: none"> Rest 	<ul style="list-style-type: none"> Rest other than everyday walking 	<ul style="list-style-type: none"> Promote recovery shortly after injury
2	<ul style="list-style-type: none"> Light aerobic activity 	<ul style="list-style-type: none"> 10 to 15 minutes of walking or stationary bike 	<ul style="list-style-type: none"> Add light aerobic activity Watch if symptoms return
3	<ul style="list-style-type: none"> Moderate aerobic activity Light resistance training 	<ul style="list-style-type: none"> 20 to 30 minutes of jogging Light weight lifting (1 set of 10 reps) Push-ups, sit-ups and pull-ups 	<ul style="list-style-type: none"> Increase aerobic activity Watch if symptoms return
4	<ul style="list-style-type: none"> High intensity activity Minimal contact wrestling drills 	<ul style="list-style-type: none"> Sprints and agility drills Shooting single/double leg, hand fighting, sit-outs from a referee's position, stand-up escapes from referee's position and leg riding All drills should be done at half speed 	<ul style="list-style-type: none"> Maximize aerobic activity Accelerate to full speed with change of direction Start rotational head movements Watch if symptoms return
5	<ul style="list-style-type: none"> High intensity activity Limited contact wrestling drills 	<ul style="list-style-type: none"> Sprints, agility drills and normal weight training Full speed take downs, break downs and outside carry Full speed shots Pinning combinations 	<ul style="list-style-type: none"> Maximize aerobic activity Add high intensity strength training Add deceleration/rotational forces in controlled setting Watch if symptoms return
6	<ul style="list-style-type: none"> Full practice (after cleared by a provider) 	<ul style="list-style-type: none"> Live wrestling 	<ul style="list-style-type: none"> Frequent assessments during practice Watch if symptoms return
7	<ul style="list-style-type: none"> Return to competition 	<ul style="list-style-type: none"> Normal match competition 	<ul style="list-style-type: none"> Return to normal competition

Other guidelines:

If possible, a school athletic trainer or responsible adult should monitor the student as they move through each stage.

The student:

- May start Stage 2 when symptoms are improving and they can tolerate partial school days.
- May start Stage 3 when they can tolerate full school days with NO concussion symptoms.
- May move to next stage every 24 hours as long as symptoms do not return DURING or AFTER work out.
- May NOT move to Stage 6 without written clearance from a medical provider.
- Should return to their provider if they have trouble completing these stages without symptoms.

 choa.org/concussion

 **404-785-KIDS (5437)**

This is general information and is not specific medical advice. Always consult with a doctor or healthcare provider if you have any questions or concerns about the health of a child.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.



Children's
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