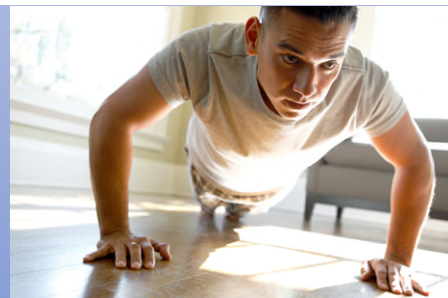


# Return to Play: Sport Specific Recommendations Wrestling



Return to Play- Wrestling			
Stage	Activity	Wrestling Specific Exercise	Objective of the stage
I	No physical activity; complete physical and cognitive rest	<ul style="list-style-type: none"> <li>No activity</li> </ul>	<ul style="list-style-type: none"> <li>Recovery and elimination of symptoms</li> </ul>
II-A	Light aerobic activity <b>Must be performed under direct supervision by designated individual</b>	<ul style="list-style-type: none"> <li>10-15 min walking on treadmill or in quiet area</li> <li>10-15 minutes of stationary bike</li> </ul>	<ul style="list-style-type: none"> <li>Increase heart rate to no more than 50% of perceived maximum (<i>max</i>) exertion (e.g., &lt; 100 beats per min)</li> <li>Monitor for symptom return</li> </ul>
II-B	Moderate aerobic activity ( <i>Light resistance training</i> )	<ul style="list-style-type: none"> <li>20-30 minutes jogging with helmet</li> <li>Resistance training- body weight squats and push-ups – 1 set of 10 reps each</li> </ul>	<ul style="list-style-type: none"> <li>Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm)</li> <li>Monitor for symptom return</li> </ul>
II-C	Minimal contact wrestling drills	<ul style="list-style-type: none"> <li>Shooting single/double leg, hand fighting, sit-outs from a referee's position, stand-up escapes from a referee's position, leg riding</li> </ul> <p><i>All drills done at half speed</i></p>	<ul style="list-style-type: none"> <li>Maximize aerobic activity</li> <li>Accelerate to full speed with change of directions (cuts)</li> <li>Introduce rotational head movements</li> <li>Monitor for symptom return</li> </ul>
II-D	Limited contact wrestling drills	<ul style="list-style-type: none"> <li>Full speed take downs, break downs, outside carry, full speed shots, pinning combinations</li> </ul>	<ul style="list-style-type: none"> <li>Maximize aerobic activity</li> <li>Add deceleration/ rotational forces in controlled setting</li> <li>Monitor for symptom return</li> </ul>
<p><b>Prior to beginning Stage III, please make sure that written physician (MD/DO) clearance for return to play, after successful completion of Stages I and II, has been given to your school's concussion monitor and/or coach</b></p>			
III	Full practice (after medical clearance)	<ul style="list-style-type: none"> <li>Live wrestling</li> </ul>	<ul style="list-style-type: none"> <li>Reassess for symptoms every 30 minutes throughout the practice</li> <li>Monitor for symptoms</li> </ul>
<p><b>MANDATORY: You must complete at least ONE contact practice before return to competition, or if non-contact sport, ONE unrestricted practice</b></p>			
IV	Return to play (competition)	<ul style="list-style-type: none"> <li>Normal match play</li> </ul>	<ul style="list-style-type: none"> <li>Return to full sport activity without restriction</li> </ul>