

Wrestling Return-to-Sport Strategy
Developed with Wrestling Canada

Stage	Aim	Activity	Goal of each step
1	Symptom-limiting activity	Daily activities that do not provoke symptoms No Sauna	Gradual re- introduction of work/school activities
2	Light aerobic activity	Light jogging or stationary cycling for 15-20 minutes at sub-symptom threshold intensity. Warm up jogging drills No resistance training.	Increase heart rate
3	Sport-specific exercise	Moderate intensity jogging with sub-threshold intensity for 30-60 min Controlled ground work defense Dynamic warm-ups to include cart wheel, front rolls, back rolls, bear crawl Non-contact stance simulation and mirror drills Start progressive resistance training No shots, standing work, throws, body blows, head impact activities.	Intensity, change of levels
4	Non-contact training drills	Low impact drilling Controlled cooperative drill Full Warm up Conditioning drills Increase exertion of resistance training No head contact/body blows	Exercise, coordination and increased thinking Increase maximal heart rate
5	Full contact practice	Following medical clearance able to participate in full wrestling practice without any activity restriction	Able to do 2 minute goes Match simulation drills Live Wrestling
6	Return to sport	Normal match participation	

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.