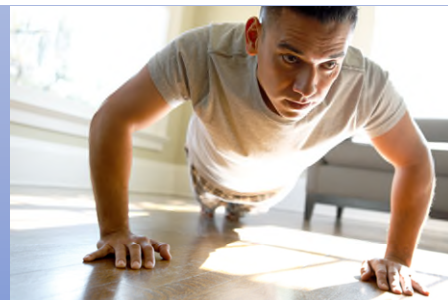


Return to Play: Sport Specific Recommendations Wrestling



Return to Play- Wrestling			
Stage	Activity	Wrestling Specific Exercise	Objective of the stage
I	Limited physical activity that does not exacerbate symptoms for at least 2 days	<ul style="list-style-type: none"> Untimed walking okay No activities requiring exertion (weightlifting, jogging, P.E. classes) 	<ul style="list-style-type: none"> Recovery and elimination of symptoms
II-A	Light aerobic activity Must be performed under direct supervision by designated individual	<ul style="list-style-type: none"> 10-15 min walking on treadmill or in quiet area 10-15 minutes of stationary bike 	<ul style="list-style-type: none"> Increase heart rate to no more than 50% of perceived maximum (<i>max</i>) exertion (e.g., < 100 beats per min) Monitor for symptom return
II-B	Moderate aerobic activity (<i>Light resistance training</i>)	<ul style="list-style-type: none"> 20-30 minutes jogging Resistance training- body weight squats and push-ups – 1 set of 10 reps each 	<ul style="list-style-type: none"> Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm) Monitor for symptom return
II-C	Strenuous aerobic activity (<i>moderate resistance training</i>)	<ul style="list-style-type: none"> 30-45 minutes running or stationary biking Weightlifting \leq50% max weight 	<ul style="list-style-type: none"> Increase heart rate to 75% max exertion Monitor for symptom rtn
II-D	Minimal contact wrestling drills	<ul style="list-style-type: none"> Shooting single/double leg, hand fighting, sit-outs from a referee's position, stand-up escapes from a referee's position, leg riding <p><i>All drills done at half speed</i></p>	<ul style="list-style-type: none"> Maximize aerobic activity Accelerate to full speed with change of directions (cuts) Introduce rotational head movements Monitor for symptom return
<p>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</p>			
III- A	Limited contact wrestling drills	<ul style="list-style-type: none"> Full speed take downs, break downs, outside carry, full speed shots, pinning combinations 	<ul style="list-style-type: none"> Maximize aerobic activity Add deceleration/ rotational forces in controlled setting Monitor for symptom return
III-B	Full practice (after medical clearance)	<ul style="list-style-type: none"> Live wrestling 	<ul style="list-style-type: none"> Reassess for symptoms every 30 minutes throughout the practice Monitor for symptoms
<p>MANDATORY: You must complete at least ONE contact practice before return to competition, or if non-contact sport, ONE unrestricted practice</p>			
IV	Return to play (competition)	<ul style="list-style-type: none"> Normal match play 	<ul style="list-style-type: none"> Return to full sport activity without restriction