

# Return to physical activity after a concussion

## Wrestling

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

### 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](https://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.*



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