

Return to physical activity after a concussion

Wrestling

Stage	Activity	Wrestling exercises	Goal
1	Rest	Rest other than everyday walking	Promote recovery shortly after injury
2	Light aerobic activity	10 to 15 minutes of walking or stationary bike	- Add light aerobic activity - Watch if symptoms return
3	- Moderate aerobic activity - Light resistance training	20 to 30 minutes of jogging - Light weight lifting (1 set of 10 reps) - Push-ups, sit-ups and pull-ups	- Increase aerobic activity - Watch if symptoms return
4	- High intensity activity - Minimal contact wrestling drills	- 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	- Maximize aerobic activity - Accelerate to full speed with change of direction - Start rotational head movements - Watch if symptoms return
5	- High intensity activity - Limited contact wrestling drills	- Sprints, agility drills and normal weight training - Full speed take downs, break downs and outside carry - Full speed shots - Pinning combinations	- Maximize aerobic activity - Add high intensity strength training - Add deceleration/rotational forces in controlled setting - Watch if symptoms return
6	Full practice (after cleared by a provider)	Live wrestling	- Frequent assessments during practice - Watch if symptoms return
7	Return to competition	Normal match competition	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.



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