**Badminton Return-to-Sport Strategy**  
*Developed by Badminton Canada*

<table>
<thead>
<tr>
<th>Stage</th>
<th>Aim</th>
<th>Activity</th>
<th>Goal of each step</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Symptom-limiting activity</td>
<td>Daily activities that do not provoke symptoms</td>
<td>Gradual re-introduction of work/school activities</td>
</tr>
</tbody>
</table>
| 2     | Light aerobic activity | Light jog or stationary cycling at slow to medium pace. No resistance training  
- Light intensity jogging or stationary cycling for 15-20 minutes at sub-symptom threshold intensity | Increase heart rate |
| 3     | Sport-specific exercise | Running  
- Moderate intensity jogging for 30-60 minutes at sub-symptom threshold intensity  
- Low to moderate on court activities. | Add movement |
| 4     | Non-contact training drills | Harder/longer/more intense on court activity. May start progressive resistance training;  
- Participation in high intensity running and drills  
- Participation in resistance training workouts | Exercise, coordination and increased thinking |
| 5     | Full contact practice | Following medical clearance  
- Participation in full practice without activity restriction | Restore confidence and assess functional skills by coaching staff |
| 6     | Return to sport | Normal game play | |