## Judo Return-to-Sport Strategy

*Developed with Judo 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 or make symptoms worse</td>
<td>Gradual re-introduction of work/school activities</td>
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</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 | *Low intensity sport-specific exercises. No head impact activities.*  
- Moderate intensity jogging for 30-60 minutes at sub-symptom threshold intensity  
- Low to moderate *Uchi-Komi*, technical Ne-waza, and agility drills  
*NO lifting, throwing or Sankaku/other chokes as Uke* | Add movement |
| 4     | Non-contact training drills | Higher intensity sport-specific exercises with no contact  
Harder training drills with moderate resistance  
May start progressive resistance training  
- *Participation in high intensity running and drills*  
- Increase difficulty of technical training, adding *lifting, throwing (as Tori ONLY), and Kumikata sequences*  
- *Participation in resistance training workouts without maximum efforts, jumping or Valsalva maneuver* | Exercise, coordination and increased thinking |
| 5     | Full contact practice | Following medical clearance  
Part A)  
- *Training with controlled contact*  
- *Eliminating situations of hard impact*  
- *Progressive intensity Ne-waza and Tachi-waza randori*  
Part B)  
- *Participation in full practice without activity restriction* | Restore confidence and assess functional skills by coaching staff |
| 6     | Return to sport | Normal training & return to competition | |