### Wrestling Return-to-Sport Strategy

*Developed with Wrestling Canada*

<table>
<thead>
<tr>
<th>Stage</th>
<th>Aim</th>
<th>Activity</th>
<th>Goal of each step</th>
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</table>
| 1     | Symptom-limiting activity | Daily activities that do not provoke symptoms  
No Sauna | Gradual re-introduction of work/school activities |
| 2     | Light aerobic activity | Light jogging or stationary cycling for 15-20 minutes at sub-symptom threshold intensity.  
Warm up jogging drills  
No resistance training. | Increase heart rate |
| 3     | Sport-specific exercise | Moderate intensity jogging with sub-threshold intensity for 30-60 min  
Controlled ground work defense  
Dynamic warm-ups to include cart wheel, front rolls, back rolls, bear crawl  
Non-contact stance simulation and mirror drills  
Start progressive resistance training  
No shots, standing work, throws, body blows, head impact activities. | Intensity, change of levels |
| 4     | Non-contact training drills | Low impact drilling  
Controlled cooperative drill  
Full Warm up  
Conditioning drills  
Increase exertion of resistance training  
No head contact/body blows | Exercise, coordination and increased thinking  
Increase maximal heart rate |
| 5     | Full contact practice | Following medical clearance able to participate in full wrestling practice without any activity restriction | Able to do 2 minute goes  
Match simulation drills  
Live Wrestling |
| 6     | Return to sport | Normal match participation | |