

# Return to physical activity following concussion

## Wrestling

Stage	Activity	Wrestling-specific exercise	Objective of the stage
1	<ul style="list-style-type: none"> <li>No physical activity</li> <li>Complete physical and cognitive rest</li> </ul>	<ul style="list-style-type: none"> <li>No activity</li> </ul>	<ul style="list-style-type: none"> <li>Recovery and elimination of symptoms</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 at home or at field, or stationary bike</li> </ul>	<ul style="list-style-type: none"> <li>Add light aerobic activity and monitor for symptom 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 (one set of 10 reps)</li> <li>Push-ups, sit-ups, pull-ups</li> </ul>	<ul style="list-style-type: none"> <li>Increase aerobic activity and monitor for symptom return</li> </ul>
4	<ul style="list-style-type: none"> <li>Minimal contact wrestling drills</li> </ul>	<ul style="list-style-type: none"> <li>Shooting single/double leg, hand fighting, sit-outs from a referee's position, stand-up escapes from referee's position, leg riding</li> </ul> <p><b>All drills done at half speed</b></p>	<ul style="list-style-type: none"> <li>Maximize aerobic activity</li> <li>Accelerate to full speed with change of direction</li> <li>Introduce rotational head movements</li> <li>Monitor for symptoms</li> </ul>
5	<ul style="list-style-type: none"> <li>Limited contact wrestling drills</li> </ul>	<ul style="list-style-type: none"> <li>Full-speed take downs, break downs, 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 deceleration/rotational forces in controlled setting</li> <li>Monitor for symptoms</li> </ul>
6	<ul style="list-style-type: none"> <li>Full practice (after medical clearance)</li> </ul>	<ul style="list-style-type: none"> <li>Live wrestling</li> </ul>	<ul style="list-style-type: none"> <li>Frequent assessments throughout the practice</li> <li>Monitor for symptoms</li> </ul>
7	<ul style="list-style-type: none"> <li>Return to play</li> </ul>	<ul style="list-style-type: none"> <li>Normal game play</li> </ul>	<ul style="list-style-type: none"> <li>Assess frequently</li> <li>Monitor for symptoms</li> </ul>

May begin Stage 2 when symptoms are markedly diminished, and can tolerate a partial school day.

May begin Stage 3 when a full school day is tolerated.

May progress to the next stage every 24 hours as long as symptoms do not worsen.

It is recommended that you seek further medical attention if you fail more than three attempts to pass a stage.



[choa.org/concussion](http://choa.org/concussion)



404-785-1111 or 1-800-785-CHOA

*This is general information and is not specific medical advice. Always consult with a doctor or healthcare provider if you have 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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