# Spartan Post-Concussion Return-to-Sport Guidelines for Judo Athletes

This graduated, step-by-step return-to-sport (RTS) guideline is intended for a judo athlete with a concussion who has been evaluated by an experienced medical professional.

**The athlete should progress through each phase sequentially.**

## PHASE 1 — Symptom-Limited Activity

- Daily activities that do not exacerbate symptoms (e.g., walking)
- Gradual reintroduction of work/school

**GOAL**
Gradual return to typical activities.

## PHASE 2 — Aerobic Exercise

- Stationary cycling or walking at a slow-to-medium pace
- Gradually paced individual shadow uchikomi using non-rotational throws without significant changes of direction
- Examples of non-rotational throws include **o-uchi-gari, o-soto-gari, and ko-uchi-gari**

**GOAL**
Increase heart rate (HR).

## PHASE 3 — Individual Sport-Specific Exercise

- Individual shadow uchikomi of all throws, including throws involving rotation and changes of direction

**GOAL**
Add movement and change of direction.

## PHASE 4 — Non-Impact Partner Training Drills

- Somersaults and rotational warm ups
- Tachiwaza uchikomi
- Newaza uchikomi and randori
- The recovering athlete may throw partner, but **is not thrown**
- **No Falls**

**GOAL**
Introduce partner drills, while increasing intensity and coordination of exercise without increasing risk of impact.

## PHASE 5 — Low-Impact Contact Practice

**Physician evaluation is recommended before progressing to Phase 5.**

- Ukemi
- Grip fighting
- All activities from prior phases are permitted
- **Falls are permitted**
- **No Tachiwaza Randori**

**GOAL**
Restore confidence, introduce controlled impact from falls, and assess functional skills by coaching staff.

## PHASE 6 — Return to Sport

- Tachiwaza randori
- Unrestricted return to all judo activities, **including competition**

**GOAL**
Return to full sport participation.

## ASYMPTOMATIC TO PROGRESS

The athlete must have **no concussion symptoms during or after each phase** before progressing to the next phase.

Allow a **minimum of 24 hours between phases**.

If concussion-related symptoms develop or recur, **stop the activity and return to the previous phase at which the athlete was asymptomatic**. Resume the stepwise progression only after that phase can again be completed without symptoms.

**Physician evaluation is recommended before progressing to Phase 5.**