

Judo Canada Concussion Protocol (for 13 years old and older)



- Stretching session after each training
- Monitor symptoms regularly throughout the steps (by coach/athlete)

DAY 1	DAY 2
<p>Indications:</p> <ul style="list-style-type: none"> ·Start protocol after a complete evaluation and clearance from a health care professional with experience in the management of head trauma/concussions 	<p>Indications:</p> <ul style="list-style-type: none"> ·No symptoms for 24 hours consecutively and without medication
<p>Contra-indications:</p> <ul style="list-style-type: none"> ·Mental and physical activities 	<p>Contra-Indications:</p> <ul style="list-style-type: none"> ·No contact or falls ·No gym training (weights or circuit training)
<p>Mental Activities:</p> <ul style="list-style-type: none"> ·Minimum rest of 24 hours without symptoms (includes school, homework, video games, computer/tablets, reading, SMS, etc.) 	<p>Mental Activities:</p> <ul style="list-style-type: none"> ·Gradual return to school after 24 hours of being asymptomatic · Note for athletes between 13 and 17 years old: The athlete will start this protocol only after a successful and full return to school
<p>Physical activities:</p> <ul style="list-style-type: none"> · Minimum rest of 24 hours without symptoms and no medication ·A longer rest period may be required based on the medical team's decision, especially for athletes between 13 and 17 years old. 	<p>Physical Activities: (2 choices)</p> <ul style="list-style-type: none"> ·Bike (Total=20 min constant speed): <ul style="list-style-type: none"> -3 min warm-up at 40-50% max HR* -15 min at 70% max HR -2 min cool-down at 40-50% max HR OR ·Run (Total 20 min constant speed): <ul style="list-style-type: none"> -3 min jog at 40-50% max HR -15 min at 70% max HR -2 min walk

*max HR: Maximum heart rate (max HR = 220-age)

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DAY 3	
<p><u>Indications:</u></p> <ul style="list-style-type: none"> ·No symptoms after day 2 	<p><u>PM :</u></p> <ul style="list-style-type: none"> •JUDO (approximately 60 min workout including resting time) •Throughout the practice, the athlete takes a 5 min rest after 5 min of <p>→Tachi-waza NO resistance :</p> <ul style="list-style-type: none"> -Uchi-komi - static 2 x 5 min -Uchi-komi - moving in a straight line 5 min -Uchi-komi static with jogging and sit-ups 5 min (do not hold your breath during sit-ups = no Valsalva maneuver) <p>→Moving Uchi-komi with partner without touching the partner (partner shadows to add distance and control components, which adds challenge to the injured athlete):</p> <p>3 x 10 for the following techniques:</p> <ul style="list-style-type: none"> -Leg throw: Uchi-mata -Shoulder throws: Morote or Ippon-seoi-nage, -Sweeping throws: De-ashi-barai, Subame-gaeshi, Ko-uchi-gari <p>→Ne-waza:</p> <p>Technical/-Uchi-komi without resistance 2 X 5 min:</p> <ul style="list-style-type: none"> -No Sankaku as Uke -No choking as Uke
<p><u>Contra-Indications:</u></p> <ul style="list-style-type: none"> ·Symptom(s) after day 2: athlete must repeat 24 hours without symptoms and redo Day 2 (if Day 2 fails for a second time, a medical re-evaluation of the condition is required) ·No contact sports or falls ·No gym training (weights and circuit training) 	
<p><u>Physical Activities:</u></p> <p><u>AM :</u></p> <ul style="list-style-type: none"> •Bike (Total 20 min) -3 min warm-up at 40-50% max HR -15 min at 70% max HR -2 min cool-down at 40-50% max HR 	

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DAY 4

<p><u>Indications:</u> ·No symptoms after day 3</p>	<p><u>PM :</u> ·JUDO (approximately 1h30): 15 minutes: Judo warm-up with team (do not perform rolling breakfalls/sommersaults or partner carry exercises)</p>
<p><u>Contra-Indications:</u> ·Symptom(s) after day 3: athlete must repeat 24 hours without symptoms as per Day 1 and continue with Day 2 afterwards (if Day 2 fails for a second time, a medical re-evaluation of the condition is required) ·No contact sport or falls</p>	<p>→Ne-waza : -Technical/Uchi-komi no resistance for 5-10 min and with light resistance for 5 min</p> <p>→Execute in the following order : 1. <u>Tendoku Renchu (shadow Uchi-komi) static:</u> 3 x 10 for the following techniques: -Leg throw: Uchi-mata -Shoulder throws: Morote or Ippon-seoi-nage, -Sweeping throws: De-ashi-barai, Subame-gaeshi, Ko-uchi-gari (with or without ball)</p>
<p><u>Physical Activities:</u></p> <p><u>AM :</u> ·Gym training (weights) : -Warm-up on the bike or jog at 40-50% max HR -Intensity: maximum 60% 1RM** OR 80% of 6RM -No jumps -No power cleans or jerks -No exercises where the head is lower than the waist (ex : back extension) -No Valsalva maneuver</p>	<p>2. <u>Moving Tendoku Renchu in 4 directions:</u> 3 x 10 for the following techniques: -Leg throw: Uchi-mata -Shoulder throws: Morote or Ippon-seoi-nage, 3. <u>Moving Tendoku Renchu in 4 directions with eyes closed:</u> Same techniques as #2 4. <u>Moving Tendoku Renchu in circle :</u> Same techniques as #2 5. <u>Moving Uchi-komi with partner without resistance during 1st set and with light resistance during 2nd and 3rd sets</u> Same techniques as #1</p> <p>→Speed Uchi-komi static 3 x 15 sec (rest 30 sec between sets) →Kumi-kata (3 x 2 min) (Work on the grip but ensure no risk of head contact) →Nage-komi as Tori only WITHOUT resistance and WITHOUT follow through of Tori on the ground 3 X 10 reps</p>

**1RM: 1 Repetition Maximum

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DAY 5	
<p><u>Indications:</u> ·No symptoms after Day 4</p>	<p><u>PM :</u></p> <p>JUDO (approximately 2h): Full warm-up with team</p> <p>→Ne-waza : -Technical/Uchi-komi -Offense/defense exercises with resistance -2-3 randoris (4 or 5 min)</p> <p>-No more than 2 consecutive fights without a break -Take 4 or 5 min rest after each fight or 2 consecutive fights</p> <p>→Tachi-waza exercises allowed : 1-Static Uchi-komi 2-Moving Uchi-komi in a straight line 3-Moving Uchi-komi in all directions 4-Speed Uchi-komi 5-Power Uchi-komi 6-Transition standing to ground without hard impacts 7-Nage-komi crash mat or light on tatamis (avoid hard impact) 8-Gripping (Kumi-kata) with resistance</p> <p>→Randoris: -2 light randoris (fight opponents in a lighter weight category) + 2 regular randoris (avoid hard impact) -Randoris:4 or 5 min each -4 or 5 min rest between each fight</p>
<p><u>Contra-Indications:</u> ·Symptom(s) after Day 4: athlete must repeat 24 hours without symptoms as per Day 1 and restart at Day 3 afterwards (if Day 3 fails for a second time, a medical re-evaluation of the condition is required)</p>	
<p><u>Physical Activities:</u></p> <p><u>AM :</u></p> <p>·Judo or Circuit Training (45 min)</p> <p>→Ne-waza : -Technical/ Uchi-komi -Offense/defense exercises with resistance -2-3 randoris (4 or 5 min); take at least a 5 min break after 2 consecutive randoris</p>	

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DAY 6

<p><u>Indications:</u> ·No symptoms after Day 5</p>	<p><u>Physical Activities:</u> <u>AM :</u> ·Gym training (weights) -Return to regular training</p> <p><u>PM :</u> JUDO -Return to full practice and/or competition</p> <p><i>*Guidelines for tachi-waza randoris during training:</i> -Start with 2 light randoris, continue with a maximum of 4 regular randoris and finish with 2 light randoris •No more than 2 consecutive fights without a break •Minimum rest period after 2 consecutive fights = 5 min</p>
<p><u>Contra-Indications:</u> · Symptom(s) after Day 5: athlete must repeat 24 hours without symptoms as per Day 1 and restart at Day 4 (if Day 4 fails for a second time, a medical re-evaluation of the condition is required)</p>	

DAY 7

<p><u>Indications:</u> -No symptoms after full return to practice or competition</p>	<p><u>Contra-Indications:</u> ·Symptom(s) after Day 6 : athlete must repeat 24 hours without symptoms as per Day 1 and restart at Day 5 afterwards (if Day 5 fails for a second time, a medical re-evaluation of the condition is required)</p> <p>·If symptoms come back later in training or during competition, the athlete must consult a health care professional with experience in the management of head trauma/concussions</p>
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