

Judo following a concussion

Judo, as a combat sport, carries a moderate risk of head injury. As such, the return to sport pathway should be followed.

As with other sports, it is important for there to be a gradual return to activity building up fitness and then engaging in lower risk training activities prior to a full return to competitive judo.

The below lays out our recommendations for a sensible preparation for judo following a concussion.

Earliest day post-injury	Notes	Activity
Day 8	Can start this stage even when still symptomatic but exercise should not significantly worsen symptoms.	<p>Low risk exercise & training Gradual increase in self-directed exercise (running, stationary bike, swimming) supervised weight training etc. Light resistance or body weight training Focus on fitness</p> <p>Judo specific exercise Banded Uchikomi (no Uke), ladder drills, Ashi-waza with cones Only drills with NO predictable risk of head injury</p>
R2P Medical Assessment to assess fitness to start a Gradual Return to Sport		
Day 15	Only if symptom free at rest for the preceding 14 days	<p>Gradual Return to Judo training Starting with non-contact and gradually building up complexity and intensity.</p> <p>Initially training with no head-impact: Stand grip fighting. Uchikomi with Uke. No Nagekomi, Ne-waza, Tachi-waza</p> <p>If remains well, progressing to: Full unrestricted Uchikomi & Nagekomi, open play, Ne-waza & Tachi-waza</p>
R2P Medical Assessment to assess fitness to return to unrestricted sport		
Day 21	Only if symptom free at rest for the preceding 14 days AND symptom free during previous stage	Return to open play Randori

