

Judo specific concussion stepwise return to play recommendations

Version: September 2022

The following recommendations for the management of concussion is a minimum standard and should not preclude specialist recommendations

Mandatory rest period

Medical officer assessment (ideally with a SCAT 5 completed)

- *18 years and over - 2 days after self-reported symptom free*
- *Under 18 years. - 7 days after self-reported symptom free*

No medical officer review or SCAT 5 completed

- *28 days after self-reported symptom free*

Advice to coaches and Athletes

After self reported improvement and the athlete has completed the necessary rest period of 2- 7 days depending on age, then do a medical assessment (ideally with a SCAT5) prior to commencing graduated returned to play.

If there is no prior medical assessment and 28 days has elapsed, then athlete/coach perform the 'symptom evaluation' prior to play.

If positive symptoms on 'symptom evaluation' refer again for a repeat medical assessment (ideally with a SCAT5) or wait another 28 days. (See "Symptom Evaluation Sheet - for athletes and coaches" as attached)

The athlete must be symptom free prior to starting training - i.e. score 0

First concussive episode

Stage1: Perform and document a symptom evaluation (if 0, progress)

Aerobic exercise for 48 hrs (judo specific drills including uchi komi but no randori, no strength training and should avoid being thrown)

Stage 2: Perform and document a symptom evaluation (if 0, progress)

Graduate to light randori for 48hrs

Stage 3: Perform and document a symptom evaluation (if 0, progress)

Club based competition preparation for 48 hrs

Stage 4: Perform and document a symptom evaluation (if 0, progress)

Competition can proceed after medical clearance - recommend that the 'office/off-field' part of the SCAT assessment be completed.

If at any stage there is a return of symptoms then return to previous rehab stage.

If unable to progress past first stage then seek medical advice.

If persisting symptoms despite rest then seek medical advice.

Second episode of concussion within 12 months

Obtain medical review prior to commencement of the graduated exercise program.

Recommend that the 'office/off-field' part of the SCAT assessment be completed at that review.

Do not progress if the score is not close to baseline (last medical clearance).

Progress rehab as per first concussive episode with 4 week intervals after the date of this episode

Third and subsequent episode of concussion

Seek specialist advice and clearance prior to starting training.

Recommend that the 'office/off-field' part of the SCAT assessment be completed at that review.

Not for competition for 12 months.

Return to play only after medical clearance by a specialist

POST-CONCUSSION SYMPTOM EVALUATION

DATE:

*The athlete should be given the symptom form below and asked to complete the symptom scale.
Coaches can also administer this on behalf of the athlete
This is advised to be performed prior to each phase of the graduated return to play*

Please tick the symptoms, if any, that you may have post your recent concussion episode.

- Headache
- Nausea or vomiting
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- "Don't feel right"
- Difficulty concentrating
- Fatigue or low energy
- Nervous or Anxious or sad

If 100% is feeling perfectly normal, what percent of normal do you feel?

Do your symptoms get worse with physical activity? Yes/No

Do your symptoms get worse with mental activity? Yes/No

ATHLETE NAME AND SIGNATURE:

COACH NAME AND SIGNATURE: