

Gradual Return to Play Protocol
Wrestling

Step 1	Cognitive Pacing – Monitor Symptoms. Cognitive activities that increase symptoms should be avoided
Step 2	Academic Pacing – Return to Learn Notify School about concussion Academic Adjustments in the classroom maybe needed
Step 3	ONLY IF <ol style="list-style-type: none"> 1) Concussed individual is symptom free for 24-48 hours 2) Concussed individual in in school full time and not receiving any classroom adjustments 3) Written medical Clearance from Medical professional obtained THEN CONCUSSED INDIVIDUAL MAY Begin light aerobic exercise such as stationary bike for 10-20 min or 2-3 ten minutes jog with a ten to fifteen minute rest period between runs
Step 4	Moderate Activity – such as fast pace running and/or longer running such as 15 - 20 minute run. May also include team warm up and shuffles No wrestling activities
Step 5	Sport Specific and Non-contact drills – May start to do solo sprawls and solo rolling on mat
Step 6	Full contact practice. No limitation
Step 7	Play in Game

- Before beginning physical activity in the return to play protocol, the concussed individual must first be back to school full time without any academic adjustments and be symptom free.
- Before the concussed individual can proceed to the next step of the protocol, he or she must be symptom free and each step must be separated by a full 24 hours.

