Return to Fight Strategy After Med Traumatic Brain Injury or Concussion 60 day Medical Suspension

These steps are designed to ensure that you adequately recover and will be competition ready, from a confirmed or suspected Mild Traumatic Brain Injury (mTBI) or Concussion. Move through each step carefully and ensure that you can do a step without the presence of mTBI or concussion symptoms (see page 1). Allow at least 24-48 hours of no symptoms before moving to the next step but wait until the end of the stated week to move to the next phase. **Do not start contact training until 60 days.** As symptoms may be hard to recognise on your own, consult with your trainer, coach, rehabilitation specialist or medical professional to help you through your Return to Fight Strategy.

Please note that medical clearance must be obtained before beginning Contact Training and Competition at the end of Week 6.

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Limited Activity Week 1	General Fitness Week 2-3		Non-Contact Training Week 4-6	C	ontact Training and Competition Week 7
First 48 Hours Complete rest with plenty of sleep and hydration Do not drive *Ensure that a family or team member can monitor your progress during this time Return to Limited Daily Activities Listen to radio, podcasts and audiobooks Limit reading and screen time Adequate intake of food and liquids Slow walks Light repetitive activity such as balance exercises and stretching 6	 Walking, elliptical, stationary cycling at slow pace. No resistance training Moderate Physical Activity Jogging, swimming, skipping and other aerobic activities No head impact activities Sport Specific Activity Supervised light bag and footwork Walk-through grappling No partner work May start progressive resistance training 	8 9	 Bag and Mitt Work Punching and/or kicking using bags and/or mitts Start slow, then gradually increase speed Shadow Boxing and Drills Punching and/or kicking drills at normal intensity Footwork established through movement drills One-sided Sparring and Grappling Sparring without contact Sparring partner should be aware of recovery status At 60 days Obtain Medical Clearance Speak to a medical professional about return to contact training and competition Clearance to be submitted to the Combat Sports Unit 	11 12 13	 Sparring – Short Sessions First return to live sparring Use short durations and lower number of rounds Take long breaks Sparring partner should be aware of recovery status Sparring – Longer Sessions Increase duration of sparring Increase number of rounds Full Contact Practice Full return to normal training
		10		14	 and training for next bout Normal duration and number of rounds Provide additional monitoring for any return of symptoms Alert the Combat sports unit of sparring incidents Return to Fight
End of Week 1	End of Week 3		End of Week 6		Week 7 and Beyond