



Concussion and Strangulation Advice Sheet

(to be given to the responsible adult monitoring the athlete)

Athlete's name:

Date / time of injury:

Date / time of medical review:

Name of health care professional:

This athlete has received a head injury or strangulation injury. A medical assessment has been carried out and no sign of serious complication has been found at this stage. Recovery time is variable among individuals, and the athlete will need to be monitored for a further period by a responsible adult. Your medical team will provide guidance as to this timeframe.

If you notice any change in behaviour, vomiting, worsening headache, double vision or excessive drowsiness, please telephone your doctor or the nearest hospital accident & emergency department immediately.

Other important points:

Initial rest: Limit physical activity to routine daily activities (avoid exercise, training, sports) and limit activities such as school, work, and screen time to a level that does not worsen symptoms.

- 1) Avoid alcohol
- 2) Avoid prescription or non-prescription drugs without medical supervision. Specifically:
 - a) Avoid sleeping tablets
 - b) Do not use aspirin, anti-inflammatory medication or stronger pain medications such as narcotics
- 3) Do not drive until cleared by a healthcare professional.
- 4) Return to play/sport requires clearance by a healthcare professional.
- 5) Follow the BJA Judo Specific Graduated Return to Play protocol to allow you to recommence judo training & competition safely.

JUDO CONCUSSION & STRANGULATION PROTOCOL 2025



CONCUSSION / STRANGULATION INJURY

IMMEDIATE REMOVAL FROM FIELD OF PLAY

Confirm suspicion of concussion with Maddox Questions, full trauma assessment for neck injury

ANY ADVERSE SIGNS?

Immediate HCP assessment or A&E

NO ADVERSE SIGNS?

Follow Judo RTP

Minimum Timings:

AGE	Stage 1	Stage 2A	Time between staged 2B - 6	Total Minimum time to RTP
Under 19	24-48 hrs	14 days	48 hrs	23-24 days
19 & over	24-48 hrs	14 days	24 hrs	19-20 days
19 & over ENHANCED *	24 hrs	24 hrs	24 hrs	7 days

* WCPP athletes under direct medical supervision only

If person gets return of symptoms at any time:

Under 19	Full rest for 48 hrs or until symptom free, then resume RTP at level below
19 & over	Full rest for 24 hrs or until symptom free, then resume RTP at level below

IF IN DOUBT, SIT THEM OUT

STAGE 1: INITIAL REST

HCP assessment, SCAT 6

STAGE 2A: RELATIVE REST

STAGE 2B: LIGHT AEROBIC EXERCISE

Must be symptom free to continue

STAGE 3: JUDO SPECIFIC EXERCISE

STAGE 4: NON-CONTACT TECHNICAL TRAINING

STAGE 5: FULL-CONTACT TECHNICAL TRAINING

STAGE 6: RETURN TO PLAY

HCP assessment before progressing

STAGE	AIM	DETAILS / JUDO SPECIFIC ACTIVITY
1	INITIAL REST (MIND & BODY)	24-48 hrs. Complete physical & cognitive rest (no exercise, minimize screen time on electronics, time off work / study). Review by HCP & SCAT 6 assessment ASAP after injury (at earliest 10 mins after)
2A	RELATIVE REST	14 days. Return to normal daily activities that don't provoke symptoms. Must be symptom free at end of this stage before continuing
2B	LIGHT AEROBIC EXERCISE (Increased heart rate)	5 x 4mins on / 4 mins off session (total of 20 mins work in a 40 min session). Work to <70% maximum heart rate. Light bike / jogging / walk / swim. No resistance training
3	JUDO SPECIFIC EXERCISE (Add in Judo movements)	Total session time <45 mins, regular 3-4 min rest intervals to ensure no symptoms. Work to <80% maximum heart rate. No head impact. Banded Uchikomi (no Uke), ladder drills, Ashi-waza with cones
4	NON-CONTACT TECHNICAL TRAINING (Increase exercise, co-ordination & cognitive load)	Must return to work / education before returning to judo. S&C: Progressive loadings 50-75% & start resistance training. Total session time <60 mins, regular 3-4 min rest intervals to ensure no symptoms. Work to <90% maximum heart rate. No head impact. Stand grip fighting, Uchikomi with Uke. No Nagekomi, Ne-waza, Tachi-waza. Must have clearance from HCP / GP before progressing to next stage
5	FULL-CONTACT TECHNICAL TRAINING (Increase Judo confidence & assess functional skills)	S&C: progressive loadings 75% - normal pre-injury activity. Full unrestricted Uchikomi & Nagekomi, open play Ne-waza & Tachi-waza. Regular 3-4 min rest intervals to ensure no symptoms. Must be supervised by Judo coach to assess if back to normal self
6	FULL-CONTACT TECHNICAL TRAINING (Increase Judo confidence & assess functional skills)	Return to open play Randori