



Ski Jumping and Nordic Combined Specific Return-to-Sport Strategy

Purpose

This tool will help ensure your Return-to-Sport Strategy is tailored to include sport-specific activities that help athletes return to your sport after a concussion.

How to use this tool

The tables that follow indicate the stages of a graduated Return-to-Sport Strategy

Stage	Aim	Activity	Goal of each step
1	Symptom-limiting activity	Daily activities that do not provoke symptoms.	Gradual reintroduction of work/school activities
2	Light aerobic activity	Light intensity stationary bike, jogging, light intensity x-country skiing, light intensity roller skiing for 15-20 min at sub-system threshold intensity No resistance training.	Increase heart rate
3	Sport-specific exercise	Moderate intensity stationary bike, jogging, moderate intensity x-country skiing, moderate intensity roller skiing for 30-60 min at sub-system threshold intensity. Low to moderate impact exercise and activities. No head impact activities.	Add movement
4	Full intensity practice	Participation in high intensity training running, x-country skiing and drills. Participation in resistance training workouts at competitive intensity and duration. May start progressive resistance training.	Exercise, coordination and increased thinking
5	Return to sport	Normal game play	