



Medical Clearance Letter

Date: _____

Kendo Practitioner's Name: _____

To whom it may concern,
Kendo practitioners who are diagnosed with a concussion should be managed according to the *Canadian Guideline on Concussion in Sport* including the *Return-to-School/Work* and *Return-to-Full Practice Strategies*. Accordingly, the above Kendo practitioner has been medically cleared to participate in the following activities as tolerated effective the date stated above (please check all that apply):

- Symptom-limiting activity (cognitive and physical activities that don't provoke symptoms)
- Light aerobic activity (walking at slow to medium pace. No resistance training)
- Sport-specific exercise (incl. Kendo related exercises - see table below.
No head impact activities)
- Non-contact practice (incl. Kendo related exercises - see table below)
- Full-contact practice (incl. Kendo related exercises - see table below)
- Full game play

What if symptoms recur?

Any Kendo practitioner who has been cleared for physical activities or non-contact practice and who has a recurrence of symptoms, should immediately remove him/herself from the activity and inform the instructor/coach. If the symptoms subside, the Kendo practitioner may continue to participate in these activities as tolerated.

Kendo practitioners who have been cleared for full contact practice or game play must be able to participate in full-time work/school (normal cognitive activity) as well as high intensity resistance and endurance exercises (including non-contact practice) without symptom recurrence. Any Kendo practitioner who has been cleared for full-contact practice or full kendo practice and has a recurrence of symptoms, should immediately remove him/herself from play, inform their instructor/coach and undergo Medical Assessment by a medical doctor or nurse practitioner before returning to full-contact practice or games.

Any Kendo practitioner who returns to practices or games and sustains a new suspected concussion should be managed according to the *Canadian Guideline on Concussion in Sport*.

Other comments:

Thank you very much in advance for your understanding.
Yours Sincerely,

Signature/Print name _____ M.D. / N.P.
(circle appropriate designation) Continued on page 2

Return-to-School Strategy

The following is an outline of the *Return-to-School/Work Strategy* that should be used to help Kendo practitioners, parents and teachers/workplaces to collaborate in allowing the Kendo practitioner to make a gradual return to school activities. Depending on the severity and type of symptoms present, Kendo practitioners will progress through the following stages at different rates. If the practitioner experiences new symptoms or worsening symptoms at any stage, they should go back to the previous stage.

Stage	Aim	Activity	Goal of each step
1	Daily activities at home that do not give the student-athlete symptoms	Typical activities during the day as long as they do not increase symptoms (e.g. reading, texting...) Start 5-15 minutes at a time and gradually build up	Gradual return to typical activities
2	School activities	Homework, reading or other cognitive activities outside of the classroom	Increase tolerance to cognitive work
3	Return to school part-time	Gradual introduction of schoolwork. May need to start with a partial school day or with increased breaks during the day	Increase academic activities
4	Return to school full-time	Gradually progress	Return to full academic activities and catch up on missed school work

Kendo-Specific Return-to-Sport Strategy

The following is an outline of the *Return-to-Sport Strategy* that should be used to help athletes, instructors, coaches and medical professionals to partner in allowing the athlete to make a gradual return to sport activities. An initial period of 24-48 hours of rest is recommended before starting the *Kendo-Specific Return-to-Sport Strategy*. The athlete should spend a minimum duration of 48 hours or a time specified by a medical doctor or nurse practitioner (whichever is longer) without symptom increases at each stage before progressing to the next one. If an athlete experiences new symptoms or worsening symptoms at any stage, they should go back to the previous stage. It is important that youth and adult student athletes return to full-time school activities before progressing to stage 5 and 6 of the *Kendo-Specific Return-to-Sport Strategy*. It is also important that all athletes provide their coach/instructor with a *Medical Clearance Letter* prior to returning to full contact sport activities.

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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	<ul style="list-style-type: none"> ● Walking or stationary cycling at slow to medium pace. ● No resistance training. <p>Permitted Kendo activities:</p> <ul style="list-style-type: none"> ● Light/slow suriashi; light footwork drills. ● Nihon Kendo kata. ● Bokuto ni yoru Kendo kihon keiko ho. ● Light suburi. <p>Kendo activities not permitted:</p> <ul style="list-style-type: none"> ● Fumikomi. ● Heavy kiai/kakegoe. ● Any contact with other practitioners other than kata. ● Putting on any bogu components. 	Increase heart rate
3	Sport-specific exercise	<p>Running drills. No head impact activities</p> <p>Permitted Kendo activities in addition to permitted activities in Stage 2:</p> <ul style="list-style-type: none"> ● Moderate to fast suriashi footwork drills. ● Hayasuburi. ● Wearing of any bogu components other than men. ● Light footwork drills with fumikomi without contact with other practitioners. <p>Kendo activities not permitted:</p> <ul style="list-style-type: none"> ● Hitting other practitioners. ● Being hit by other practitioners or any body contact (i.e. taiatari) even while having bogu components on. 	Add movement
4	Non-contact training drills	<p>Harder training drills. May start progressive resistance training.</p> <p>Permitted Kendo activities in addition to permitted activities in Stage 3:</p> <ul style="list-style-type: none"> ● Kirikaeishi - attacking side only without directly hitting the receiver's men. ● Any waza practice or uchikomi that makes contact with shinai, uchikomi targets (ex. tires, sticks, etc) or any other non-human targets. 	Exercise, coordination and increased thinking
5	Full contact practice	<p>Following medical clearance. Can participate in full practice with only few activity restrictions soon after obtaining medical clearance.</p> <p>Until the practitioner feels comfortable doing the full set of Kendo drills and activities, the following activities are recommended to be permitted after medical clearance:</p> <ul style="list-style-type: none"> ● Wearing of the protective mask "men". ● Waza practice drills with human targets. ● One sided kakarigeiko or uchikomi. <p>Keiko, kakarigeiko, or any other Kendo drill or activity that has a significant amount of unpredictability should be discouraged for at least a week after obtaining full medical clearance. A gradual return to full contact activity even after obtaining medical clearance is advised.</p>	Restore confidence and assess functional skills by instructor and coaching staff
6	Return to Sport	Normal game play	