

Return to Play: Sport Specific Recommendations Cheerleading



| Return to Play- Cheerleading | | | |
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| Stage | Activity | Cheerleading Specific Exercise | Objective of the stage |
| I | No physical activity; complete physical and cognitive rest | <ul style="list-style-type: none"> No activity | <ul style="list-style-type: none"> Recovery and elimination of symptoms |
| II-A | Light aerobic activity Must be performed under direct supervision by designated individual | <ul style="list-style-type: none"> 10-15 min walking on treadmill or in quiet area 10-15 minutes of stationary bike | <ul style="list-style-type: none"> Increase heart rate to no more than 50% of perceived maximum (<i>max</i>) exertion (e.g., < 100 beats per min) Monitor for symptom return |
| II-B | Moderate aerobic activity (<i>Light resistance training</i>) | <ul style="list-style-type: none"> 20-30 minutes jogging Resistance training- body weight squats and push-ups – 1 set of 10 reps each | <ul style="list-style-type: none"> Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm) Monitor for symptom return |
| II-C | Vertical work (<i>No inversion</i>) | <ul style="list-style-type: none"> Moderate conditioning jumps (toe-touch, Herkies, double hook), 15 yard sprints (as in a tumbling pass), stunting with feet on ground No tumbling | <ul style="list-style-type: none"> Maximize aerobic activity Introduce head movements Monitor for symptom return |
| II-D | Intro level tumbling | <ul style="list-style-type: none"> Round-off Walkovers Handspring (1) Light tumbling Progress from non-inverted lifts to inverted lifts Cradle catch | <ul style="list-style-type: none"> Maximize aerobic activity Add deceleration/ rotational forces in controlled setting Introduce inversion-vestibular stress Monitor for symptom return |
| <p>Prior to beginning Stage III, please make sure that written physician (MD/DO) clearance for return to play, after successful completion of Stages I and II, has been given to your school's concussion monitor and/or coach</p> | | | |
| III | Full practice (after medical clearance) | <ul style="list-style-type: none"> Normal training activities | <ul style="list-style-type: none"> Reassess for symptoms every 30 minutes throughout the practice Monitor for symptoms |
| <p>MANDATORY: You must complete at least ONE contact practice before return to competition, or if non-contact sport, ONE unrestricted practice</p> | | | |
| IV | Return to play (competition) | <ul style="list-style-type: none"> Normal game play (competitive event) | <ul style="list-style-type: none"> Return to full sport activity without restriction |