

# Return to Play: Sport Specific Recommendations Gymnastics



## Return to Play- Gymnastics

Stage	Activity	Gymnastics Specific Exercise	Objective of the stage
I	No physical activity; complete physical and cognitive rest	<ul style="list-style-type: none"> <li>No activity</li> </ul>	<ul style="list-style-type: none"> <li>Recovery and elimination of symptoms</li> </ul>
II-A	Light aerobic activity <b>Must be performed under direct supervision by designated individual</b>	<ul style="list-style-type: none"> <li>10-15 min walking on treadmill or in quiet area</li> <li>10-15 minutes of stationary bike</li> </ul>	<ul style="list-style-type: none"> <li>Increase heart rate to no more than 50% of perceived maximum (<i>max</i>) exertion (e.g., &lt; 100 beats per min)</li> <li>Monitor for symptom return</li> </ul>
II-B	Moderate aerobic activity ( <i>Light resistance training</i> )	<ul style="list-style-type: none"> <li>20-30 minutes jogging</li> <li>Resistance training- body weight squats and push-ups – 1 set of 10 reps each</li> </ul>	<ul style="list-style-type: none"> <li>Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm)</li> <li>Monitor for symptom return</li> </ul>
II-C	Vertical work ( <i>No inversion</i> )	<ul style="list-style-type: none"> <li>Level 1-2 : Handstands, choreography on low beam no jumps/turns, swings on bar, no vault</li> <li>L3-4: Vault run with peel off, glide swings on bars, cast to block on bar, tap swings</li> <li>L5-6: Cast above horizontal</li> <li>L7-8: Cast to HS return to block</li> <li>L9+: any skill listed above</li> </ul> <p>Note: It is acceptable of a higher-level skilled athlete to perform a lower level skill</p>	<ul style="list-style-type: none"> <li>Maximize aerobic activity</li> <li>Add deceleration/ rotational forces in controlled setting</li> <li>Monitor for symptom return</li> </ul>
II-D	Intro level tumbling	<ul style="list-style-type: none"> <li>L1-2 : Cartwheel, bridge kick-overs, backward and forward rolls, jumps and leans, turns and spins, competition vault, round-off on tumble track</li> <li>L3-4: Walkovers, backward roll to HS, vault drills- no full vaults, round-off, kips on bars, back and front hip circles, front and back HS on tumble track</li> <li>L5-6: Clear hips, stalder, sole circles, long hang pullover, tumbling on tumble track with saltos</li> <li>L7-8: Giants on bars, handsprings on vault, back handsprings on low beam</li> <li>L9+: Straight tumbling on tumble track no twisting (may progress to full twist provided symptom free), no release on bars. Yurchenko timers (vaulting preferably into pit.)</li> </ul>	<ul style="list-style-type: none"> <li>Maximize aerobic activity</li> <li>Add deceleration/ rotational forces in controlled setting</li> <li>Introduce inversion- vestibular stress</li> <li>Monitor for symptom return</li> </ul>
<p><b>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</b></p>			
III	Full practice (after medical clearance)	<ul style="list-style-type: none"> <li>Normal training activities</li> </ul>	<ul style="list-style-type: none"> <li>Reassess for symptoms every 30 minutes throughout the practice</li> <li>Monitor for symptoms</li> </ul>
<p><b>MANDATORY: You must complete at least ONE contact practice before return to competition, or if non-contact sport, ONE unrestricted practice</b></p>			
IV	Return to play (competition)	<ul style="list-style-type: none"> <li>Unrestricted workouts</li> </ul>	<ul style="list-style-type: none"> <li>Return to full sport activity without restriction</li> </ul>