Gymnastics

Stage	Activity	Gymnastics-specific exercise	Objective of stage
1	• No activity	• No activity	• Recovery and elimination of symptoms
2	• Light aerobic activity at home or gym	• 10 to 15 minutes of walking • Static conditioning (hollow holds, supermans, squat holds, etc.) • No jumping	• Must be able to tolerate loud sounds and bright lights before returning to gym • Monitor symptoms
3	• Moderate aerobic activity • Light resistance	• Up to 60 minutes total of light conditioning, including: – Bars (high bars/rings/parallel bars): chin-ups, leg lifts, L-holds, etc. – Beam: walks, kicks, etc. – Floor: walking lunges, squats, jogging, core	• No upside-down or backwards movement • Monitor symptoms • No vault or vault drills
4	• Moderate aerobic activity • Basics	• 60 to 120 minutes total • Vault: sprinting, punch up to vault; no front handsprings until stage 5 • Bars: pit and/or strap bar, cast handstands with spot, tap swings, glides, back hip circles, free hips • High bar/rings/parallel bars/pommel: allow drills that meet stage restrictions • Beam: leaps, turns, jumps, handstands (with dismount for lower levels) • Floor: same as beam, but can add front walkover and back walkover (no ext. rolls until stage 5)	• Plyometrics • Introduce head movements • Introduce easy upside-down and backwards motions • Monitor symptoms
5	• Intro-level tumbling	• Two to three hours total • Vault: timers and front handsprings • Bars: routines (endurance OK), upper levels with giants, release drills • High bar/rings/parallel bars/pommel: allow giants, dislocates, basic dismounts, release drills, etc. • Beam: series and dismounts • Floor: full routines including handsprings, upper levels can add layout and full (no doubles)	• Focus on mechanics • Floor: split tumbling and surface based on athlete progression and preference as tolerated • Monitor symptoms
6	• Full practice • Advanced skills for upper levels	• Up to four hours • Vault: add flipping • Bars: all skills without spot with full landings • High bar/rings/parallel bars/pommel: advanced skills as appropriate for level • Beam: add flipping dismount • Floor: doubles with flooring of choice	• Add advanced flipping and twisting according to level • If lower level, continue with full practice with no restrictions • Monitor symptoms
7	• Unrestricted workout		• Monitor for symptoms

Athlete may begin Stage 2 when symptoms are markedly diminished and can tolerate a partial school day.

Athlete may begin Stage 3 when a full school day is tolerated.

Athlete may progress to the next stage every 24 hours as long as symptoms do not worsen.

It is recommended that you seek further medical attention if you fail more than three attempts to pass a stage.

©2018 Children's Healthcare of Atlanta Inc. All rights reserved. These materials are reprinted with permission from Children's Healthcare of Atlanta, Inc. ORTH 971689.kc.08/18