

Return to physical activity after a concussion

Cheerleading

Stage	Activity	Cheerleading exercises	Goal
1	<ul style="list-style-type: none"> Rest 	<ul style="list-style-type: none"> Rest other than everyday walking 	<ul style="list-style-type: none"> Promote recovery shortly after injury
2	<ul style="list-style-type: none"> Light aerobic activity 	<ul style="list-style-type: none"> 10 to 15 minutes of walking or stationary bike 	<ul style="list-style-type: none"> Add light aerobic activity Watch if symptoms return
3	<ul style="list-style-type: none"> Moderate aerobic activity Light resistance training 	<ul style="list-style-type: none"> 20 to 30 minutes of jogging Light weight training (1 set of 10 reps) 	<ul style="list-style-type: none"> Increase aerobic activity Watch if symptoms return
4	<ul style="list-style-type: none"> High intensity activity Vertical work No inversion 	<ul style="list-style-type: none"> Moderate conditioning Jumps (toe-touch, Herkie, double hook) 15 yard sprints (as in tumbling pass) Stunting with feet on ground No tumbling or inversion 	<ul style="list-style-type: none"> Maximize aerobic activity Accelerate to full speed Start rotational head movements Watch if symptoms return
5	<ul style="list-style-type: none"> High intensity activity Intro level tumbling 	<ul style="list-style-type: none"> Sprints, agility drills and normal weight training Round-off Walkovers Handspring (single) Light tumbling Non-inverted lifts (Liberty, Kewpie) Cradle catch 	<ul style="list-style-type: none"> Maximize aerobic activity Add high intensity strength training Add deceleration/rotational forces in controlled setting Start inversion (vestibular stress) Watch if symptoms return
6	<ul style="list-style-type: none"> Full practice (after cleared by a provider) 	<ul style="list-style-type: none"> Normal training activities Normal tumbling activities 	<ul style="list-style-type: none"> Frequent assessments during practice Watch if symptoms return
7	<ul style="list-style-type: none"> Return to play 	<ul style="list-style-type: none"> Return to competition 	<ul style="list-style-type: none"> Return to normal competition

Other guidelines:

If possible, a school athletic trainer or responsible adult should monitor the student as they move through each stage.

The student:

- May start Stage 2 when symptoms are improving and they can tolerate partial school days.
- May start Stage 3 when they can tolerate full school days with NO concussion symptoms.
- May move to next stage every 24 hours as long as symptoms do not return DURING or AFTER work out.
- May NOT move to Stage 6 without written clearance from a medical provider.
- Should return to their provider if they have trouble completing these stages without symptoms.

 choa.org/concussion

 404-785-KIDS (5437)

This is general information and is not specific medical advice. Always consult with a doctor or healthcare provider if you have any questions or concerns about the health of a child.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.



Children's
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