

# Return to physical activity after a concussion

## Gymnastics

Stage	Activity	Gymnastics exercises	Goal
1	<ul style="list-style-type: none"> <li>Rest</li> </ul>	<ul style="list-style-type: none"> <li>Rest other than everyday walking</li> </ul>	<ul style="list-style-type: none"> <li>Promote recovery shortly after injury</li> </ul>
2	<ul style="list-style-type: none"> <li>Light aerobic activity</li> </ul>	<ul style="list-style-type: none"> <li>10 to 15 minutes of walking or stationary bike</li> </ul>	<ul style="list-style-type: none"> <li>Add light aerobic activity</li> <li>Watch if symptoms return</li> </ul>
3	<ul style="list-style-type: none"> <li>Moderate aerobic activity</li> <li>Light resistance training</li> </ul>	<ul style="list-style-type: none"> <li>20 to 30 minutes of jogging</li> <li>Light weight training (1 set of 10 reps)</li> </ul>	<ul style="list-style-type: none"> <li>Increase aerobic activity</li> <li>Watch if symptoms return</li> </ul>
4	<ul style="list-style-type: none"> <li>High intensity activity</li> <li>Vertical work</li> </ul>	<ul style="list-style-type: none"> <li>L1-2 - 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+ As above</li> <li>Note: it is okay for higher level gymnast to perform a lower level skill</li> </ul>	<ul style="list-style-type: none"> <li>Maximize aerobic activity</li> <li>Accelerate to full speed</li> <li>Start rotational head movements</li> <li>Watch if symptoms return</li> </ul>
5	<ul style="list-style-type: none"> <li>High intensity activity</li> <li>Intro level tumbling</li> </ul>	<ul style="list-style-type: none"> <li>L1-2 - Cartwheel, bridge kick-overs, backward and forward rolls, jumps and leaps, turns and spins, round-off on tumble track</li> <li>L3-4 - Walkovers, backward roll to HS, round-off, hips 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, no releases on bars, handsprings on vault, Yurchenko timers (vaulting into pit is best)</li> </ul>	<ul style="list-style-type: none"> <li>Maximize aerobic activity</li> <li>Add deceleration/rotational forces in controlled setting</li> <li>Start basic tumbling skills (vestibular stress)</li> <li>Watch if symptoms return</li> </ul>

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.

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Stage	Activity	Gymnastics exercises	Goal
6	<ul style="list-style-type: none"><li>Full practice (after cleared by a provider)</li></ul>	<ul style="list-style-type: none"><li>Normal training activities</li></ul>	<ul style="list-style-type: none"><li>Frequent assessments during practice</li><li>Watch if symptoms return</li></ul>
7	<ul style="list-style-type: none"><li>Return to competition</li></ul>	<ul style="list-style-type: none"><li>Return to competition</li></ul>	<ul style="list-style-type: none"><li>Return to normal competition</li></ul>

### 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.

