

Return to physical activity after a concussion

Cheerleading

Stage	Activity	Cheerleading exercises	Goal
1	Rest	Rest other than everyday walking	Promote recovery shortly after injury
2	Light aerobic activity	10 to 15 minutes of walking or stationary bike	- Add light aerobic activity - Watch if symptoms return
3	- Moderate aerobic activity - Light resistance training	20 to 30 minutes of jogging - Light weight training (1 set of 10 reps)	- Increase aerobic activity - Watch if symptoms return
4	- High intensity activity - Vertical work - No inversion	- Moderate conditioning - Jumps (toe-touch, Herkie, double hook) 15 yard sprints (as in tumbling pass) - Stunting with feet on ground - No tumbling or inversion	- Maximize aerobic activity - Accelerate to full speed - Start rotational head movements - Watch if symptoms return
5	- High intensity activity - Intro level tumbling	- Sprints, agility drills and normal weight training - Round-off - Walkovers - Handspring (single) - Light tumbling - Non-inverted lifts (Liberty, Kewpie) - Cradle catch	- Maximize aerobic activity - Add high intensity strength training - Add deceleration/rotational forces in controlled setting - Start inversion (vestibular stress) - Watch if symptoms return
6	Full practice (after cleared by a provider)	- Normal training activities - Normal tumbling activities	- Frequent assessments during practice - Watch if symptoms return
7	Return to play	Return to competition	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.

