

Return to physical activity after a concussion

Gymnastics

Stage	Activity	Gymnastics 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	- L1-2 - Handstands, choreography on low beam, no jumps/turns, swings on bar, no vault - L3-4 - Vault run with peel off, glide swings on bars, cast to block on bar, tap swings - L5-6 - Cast above horizontal - L7-8 - Cast to HS return to block - L9+ As above - Note: it is okay for higher level gymnast to perform a lower level skill	- Maximize aerobic activity - Accelerate to full speed - Start rotational head movements - Watch if symptoms return
5	- High intensity activity - Intro level tumbling	- L1-2 - Cartwheel, bridge kick-overs, backward and forward rolls, jumps and leaps, turns and spins, round-off on tumble track - L3-4 - Walkovers, backward roll to HS, round-off, hips on bars, back and front hip circles, front and back HS on tumble track - L5-6 - Clear hips, stalder, sole circles, long hang pullover, tumbling on tumble track with saltos - L7-8 - Giants on bars, handsprings on vault, back handsprings on low beam - L9+ Straight tumbling on tumble track no twisting, no releases on bars, handsprings on vault, Yurchenko timers (vaulting into pit is best)	- Maximize aerobic activity - Add deceleration/rotational forces in controlled setting - Start basic tumbling skills (vestibular stress) - Watch if symptoms return

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	Full practice (after cleared by a provider)	Normal training activities	- Frequent assessments during practice - Watch if symptoms return
7	Return to competition	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.

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