

Return to physical activity following concussion

Gymnastics

Stage	Activity	Gymnastic-specific exercise	Objective of the stage
1	<ul style="list-style-type: none"> No physical activity Complete physical and cognitive rest 	<ul style="list-style-type: none"> No activity 	<ul style="list-style-type: none"> Recovery and elimination of symptoms
2	<ul style="list-style-type: none"> Light aerobic activity 	<ul style="list-style-type: none"> 10 to 15 minutes of walking at home or at gym, or stationary bike 	<ul style="list-style-type: none"> Add light aerobic activity and monitor for symptom 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 conditioning 	<ul style="list-style-type: none"> Increase aerobic activity and monitor for symptom return
4	<ul style="list-style-type: none"> Vertical work 	<ul style="list-style-type: none"> 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 acceptable of a higher level to perform a lower level skill 	<ul style="list-style-type: none"> Maximize aerobic activity Introduce rotational head movements Monitor for symptoms

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May begin Stage 2 when symptoms are markedly diminished, and can tolerate a partial school day

May begin Stage 3 when a full school day is tolerated

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.



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.



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Gymnastics (continued)

5	<ul style="list-style-type: none"> Intro level tumbling 	<ul style="list-style-type: none"> L1-2- Cartwheel, bridge kick-overs, backward and forward rolls, jumps and leaps, turns and spins, competition vault, round-off on tumble track L3-4- Walkovers, backward roll to HS, vault drills- no full vaults, round-off, kips 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 (may progress to full twist provided symptom free), no releases on bars. Handsprings on vault, Yurchenko timers (vaulting preferably into pit). 	<ul style="list-style-type: none"> Maximize aerobic activity Add deceleration/rotational forces in controlled setting Monitor for symptoms
6	<ul style="list-style-type: none"> Full practice (after medical clearance) 	<ul style="list-style-type: none"> Normal training activities 	<ul style="list-style-type: none"> Frequent assessments throughout the practice Monitor for symptoms
7	<ul style="list-style-type: none"> Unrestricted workouts 	<ul style="list-style-type: none"> Return to competition 	<ul style="list-style-type: none"> Assess frequently Monitor for symptoms

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