

## SPORTS CONCUSSION

### *Return to Participation*

### *Gymnastics*

-This protocol provides general guidelines for return to sport for a high level gymnast following a concussion. Recommendations may need to be modified for the individual athlete.

-The athlete should begin return to sport activity only upon recommendation of a physician after the resolution of all concussion symptoms while at complete rest from physical activity.

-The athlete should be monitored by a health care professional as they progress through each stage.

-Each stage must be completed without a return of concussive symptoms before progressing to the next stage. If symptoms occur at any stage, the athlete should be reevaluated by a health care provider for clearance before restarting the protocol.

#### **STAGE ONE**

#### **Light Aerobic Exercise**

Precautions:

Gymnast should NOT go upside down

Duration:

20 minutes

Perceived Exertion:

3/10

Activity:

Walking, elliptical, or stationary bike

#### **STAGE TWO**

#### **Moderate Aerobic Exercise & Conditioning**

Precautions:

Gymnast should NOT go upside down

Duration:

30-60 minutes

Perceived Exertion:

5/10

Activity:

-Jog down and back on vault runway 10 times

-Jump 10 minutes continuous on trampoline

-Flexibility

-Conditioning:

Front plank 3x30 seconds

Clam shell 20x right and left

Dead bug 2x20

Wall sit 3x60 seconds

**STAGE THREE****Gymnastics Dance & Conditioning**

Precautions:

Gymnast should NOT go upside down

Duration:

60-90 minutes

Activity:

- Jump 15 minutes continuous on trampoline
  - Including tuck/pike/straddle/split jumps
- Sprint down and back on vault run way 10 times
- Leaps/jumps/dance passages on floor 10 times
- Dance through on floor with single sprint
- Complex on low beam
- Dance through on low beam (with no leaps/jumps)
- Flexibility
- Conditioning:
  - V ups            2x20
  - Push ups        2x20
  - Lunges           2x20
  - Side plank      2x30 sec on right and left
  - Pull ups         2x20
  - Toe touches    2x20
  - Heel raises     2x20

**STAGE FOUR****Basic Gymnastics**

Duration:

2 hours

Activity:

- Floor: -Tumbling Basics (Cartwheels, back walkovers, back extension rolls, round offs, standing back handsprings, front walk overs, handstand forward rolls, front handsprings)
  - Leaps/jumps/dance passages
  - Dance through with three sprints
- Beam: -Complex on low beam
  - Dance through on low beam
  - Leaps/jumps on low beam
  - Series on line on floor
- Bars: -Kips, casts, tap swings, giants on strap bar
  - Bars conditioning:
- Vault: -Handsprings
  - Vault drills on the floor

**STAGE FIVE****High Level Gymnastics**

Duration:

3+ hours

Activity:

Gradually increase level of skill on each event until athlete has resumed full participation.