

**Artistic Gymnastics Return-to-Sport Strategy**  
*Developed with Gymnastics Canada*

<b>Stage</b>	<b>Aim</b>	<b>Activity</b>	<b>Goal of each step</b>
<b>1</b>	Symptom-limiting activity	Daily activities that do not provoke symptoms.	Gradual reintroduction of work/school activities
<b>2</b>	Light aerobic activity	<ul style="list-style-type: none"> <li>- Stationary bike</li> <li>- Walking</li> <li>- Light stretching (no inverted positions)</li> </ul> <p>No resistance training.</p>	Increase heart rate
<b>3</b>	Sport-specific exercise	<ul style="list-style-type: none"> <li>- Gymnastics conditioning only</li> <li>- Walking, stationary biking, elliptical/light jogging (stationary bike, running, elliptical 75-85% capacity)</li> <li>- Mild to moderate resistance</li> <li>- Stretching (no inverted positions)</li> <li>- Floor: dance throughs</li> <li>- Beam: dance</li> <li>- Bars: light swings</li> <li>- No tumbling, release moves or inversions</li> <li>- Avoid jumping exercises</li> <li>- Avoid powerlifting</li> <li>- Avoid Valsalva (holding breath when lifting)</li> </ul> <p>No head impact activities.</p>	Add movement
<b>4</b>	Partial training	<ul style="list-style-type: none"> <li>- Interval training</li> <li>- High intensity accelerations (sprinting on vault runway or floor)</li> <li>- Add handstands and simple inversions (i.e. back walkovers, front walkovers)</li> <li>- Floor: add in light tumbling and tumbling progressions (into a pit or tumbling track if available)</li> <li>- Vault: add simple vaults and progressions</li> <li>- Beam: simple routines</li> <li>- Recommend coach sporting/stand-by support as gymnast transitions to skills</li> </ul>	Exercise, coordination and increased thinking

5	Full practice	Following medical clearance*. Introduction to uneven bars, simple routines. Gradual return to full practice	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Full training, progression to full routines with all skills Clearance for competitions	

Adapted from: McCrory et al. (2017). Consensus statement on concussion in sport – the 5<sup>th</sup> international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 51(11), 838-847.

**\*Note for medical clearance:** Ensure neck strength/control and vestibular system has been evaluated and symptom-free with provocations prior to adding tumbling, release moves, aerial movements, giants on bars, apparatus dismounts, and advanced tumbling (i.e. double backs, twists in tumbling passes).