

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

Stage	Aim	Activity	Goal of each step
1	Symptom-limiting activity	Daily activities that do not provoke symptoms.	Gradual reintroduction of work/school activities
2	Light aerobic activity	<ul style="list-style-type: none"> - Stationary bike - Walking - Light stretching (no inverted positions) <p>No resistance training.</p>	Increase heart rate
3	Sport-specific exercise	<ul style="list-style-type: none"> - Gymnastics conditioning only - Walking, stationary biking, elliptical/light jogging (stationary bike, running, elliptical 75-85% capacity) - Mild to moderate resistance - Stretching (no inverted positions) - Floor: dance throughs - Beam: dance - Bars: light swings - No tumbling, release moves or inversions - Avoid jumping exercises - Avoid powerlifting - Avoid Valsalva (holding breath when lifting) <p>No head impact activities.</p>	Add movement
4	Partial training	<ul style="list-style-type: none"> - Interval training - High intensity accelerations (sprinting on vault runway or floor) - Add handstands and simple inversions (i.e. back walkovers, front walkovers) - Floor: add in light tumbling and tumbling progressions (into a pit or tumbling track if available) - Vault: add simple vaults and progressions - Beam: simple routines - Recommend coach sporting/stand-by support as gymnast transitions to skills 	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 5th 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).