

# STEP 1 – RELATIVE REST 1

<p><b>Activity</b>  <b>Relative rest followed by light aerobic activity</b>                  Gentle day-to-day activities – guided by symptoms                  Light aerobic activity</p> <ul style="list-style-type: none"> <li>• Stationary bike</li> <li>• Walking / light jogging</li> <li>• stretching (no inverted positions)</li> </ul> <p>Minimise screen time (TV, computer / homework / work, phone / social media, gaming)</p>	<p><b>Duration</b>                  1 – 2 days</p> <p>Coach to set time with Doctor advice but initially 1 hour per day.</p>	<p><b>Criteria to Progress</b>                  Symptom free normal daily activity, including back to school (essential)</p>
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# STEP 2 – RECOVERY 2

<p><b>Activity</b>  <b>i. Return to early gymnastics training: Inversion</b>                  Moderate intensity aerobics</p> <ul style="list-style-type: none"> <li>• Moderate intensity sprinting</li> <li>• Leaps, jumps on flat and low heights Landing drills – floor based, low impact</li> <li>• Gymnastics strengthening – start slow and then progress</li> <li>• Static and dynamic stretching</li> <li>• Start basic, non-dynamic inversion (i.e. Handstands)</li> <li>• Discipline-specific progression: FX/B/PH/PB – basic swings, leaps, jumps, dance</li> </ul> <p>No twisting or flipping</p>	<p><b>Duration</b>                  Minimum 2 days</p> <p>1-2 hours per day</p>	<p><b>Criteria to Progress</b>  <b>MUST have medical clearance to return to training</b></p> <p>Progress if concussion-related symptoms resolved or not worsened from their previous level (either during the activity or by the next day)</p>
<p><b>ii. Progress gymnastics specific training: Flipping</b>                  As above with increased intensity</p> <ul style="list-style-type: none"> <li>• Discipline-specific progression: add basics UB/R/HB, start V drills</li> <li>• Add full inversion, Advance to basics and limited flipping</li> </ul> <p>No twisting</p>	<p>Minimum 2 days</p> <p>2-3 hours per day</p>	<p>Progress if concussion-related symptoms resolved or not worsened from their previous level (either during the activity or by the next day)</p>
<p><b>iii. Progress sport specific training: Twisting</b>                  As above with increased complexity</p> <ul style="list-style-type: none"> <li>• Discipline-specific progression: skill progression all events, add twisting/complex flipping</li> <li>• Add complex flipping</li> </ul> <p>Start basic twisting</p>	<p>Minimum 2 days</p> <p>2-3 hours per day</p>	<p>Symptom free normal daily activity, including back to school (essential)</p>

# STEP 3 – GRADED LOADED PROGRAM 3

<p><b>Activity</b>  <b>Progress sport specific training: Advanced Skills</b>                  As above with increased complexity                  Discipline-specific progression: complex skills, higher risk skills (i.e. release skills)                  Combine complex inversion and rotation                  Improve endurance &amp; strength</p>	<p><b>Duration</b>                  Minimum 2 days</p> <p>Normal Hours</p>	<p><b>Criteria to Progress</b>  <b>MUST have medical clearance to return to training</b></p>
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# STEP 4 – RETURN TO FULL TRAINING/COMPETITION 4

)Focus on slow increase in volume, to build stamina & strength