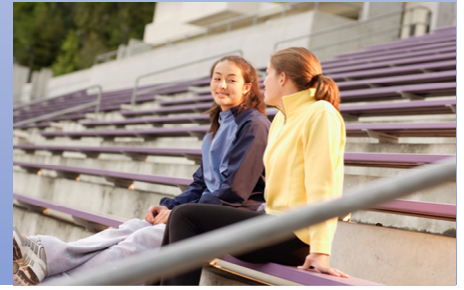


Return to Play: Sport Specific Recommendations Cheerleading



Return to Play- Cheerleading			
Stage	Activity	Cheerleading Specific Exercise	Objective of the stage
I	Limited physical activity that does not exacerbate symptoms for at least 2 days	<ul style="list-style-type: none"> • Untimed walking okay • No activities requiring exertion (weightlifting, jogging, P.E. classes) 	<ul style="list-style-type: none"> • Recovery and elimination of symptoms
II-A	Light aerobic activity Must be performed under direct supervision by designated individual	<ul style="list-style-type: none"> • 10-15 min walking on treadmill or in quiet area • 10-15 minutes of stationary bike 	<ul style="list-style-type: none"> • Increase heart rate to no more than 50% of perceived maximum (<i>max</i>) exertion (e.g. < 100 beats/m) • Monitor for symptom return
II-B	Moderate aerobic activity (<i>Light resistance training</i>)	<ul style="list-style-type: none"> • 20-30 minutes jogging • Resistance training- body weight squats and push-ups – 1 set of 10 reps each 	<ul style="list-style-type: none"> • Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm) • Monitor for symptom return
II-C	Strenuous aerobic activity (<i>moderate resistance training</i>)	<ul style="list-style-type: none"> • 30-45 minutes running or stationary biking • Weightlifting $\leq 50\%$ max weight 	<ul style="list-style-type: none"> • Increase heart rate to 75% max exertion • Monitor for symptom rtn
II-D	Vertical work (<i>No inversion</i>)	<ul style="list-style-type: none"> • Moderate conditioning jumps (toe-touch, Herkies, double hook), 15 yard sprints (as in a tumbling pass), stunting with feet on ground • No tumbling 	<ul style="list-style-type: none"> • Maximize aerobic activity • Introduce head movements • Monitor for symptom return
<p>Prior to beginning Stage III, please make sure that written physician (MD/DO) clearance for return to play, after successful completion of Stages I and II, has been given to your school's concussion monitor and/or coach</p>			
III-A	Intro level tumbling	<ul style="list-style-type: none"> • Round-off • Walkovers • Handspring (1) • Light tumbling • Progress from non-inverted lifts to inverted lifts • Cradle catch 	<ul style="list-style-type: none"> • Maximize aerobic activity • Add deceleration/ rotational forces in controlled setting • Introduce inversion-vestibular stress • Monitor for symptom return
III-B	Full practice (after medical clearance)	<ul style="list-style-type: none"> • Normal training activities 	<ul style="list-style-type: none"> • Reassess for symptoms every 30 minutes throughout the practice • Monitor for symptoms
<p>MANDATORY: You must complete at least ONE contact practice before return to competition, or if non-contact sport, ONE unrestricted practice</p>			
IV	Return to play (competition)	<ul style="list-style-type: none"> • Normal game play (competitive event) 	<ul style="list-style-type: none"> • Return to full sport activity without restriction