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

<table>
<thead>
<tr>
<th>Stage</th>
<th>Aim</th>
<th>Activity</th>
<th>Goal of each step</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Symptom-limiting activity</td>
<td>Daily activities that do not provoke symptoms.</td>
<td>Gradual reintroduction of work/school activities</td>
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</tbody>
</table>
| 2     | Light aerobic activity | - Stationary bike  
- Walking  
- Light stretching (no inverted positions)  
No resistance training. | Increase heart rate |
| 3     | Sport-specific exercise | - 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)  
No head impact activities. | Add movement |
| 4     | Partial training | - 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 |
<table>
<thead>
<tr>
<th>5</th>
<th>Full practice</th>
<th>Following medical clearance*. Introduction to uneven bars, simple routines. Gradual return to full practice</th>
<th>Restore confidence and assess functional skills by coaching staff</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Return to sport</td>
<td>Full training, progression to full routines with all skills Clearance for competitions</td>
<td></td>
</tr>
</tbody>
</table>


*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).