

Graded Return to Physical Activity Following a Concussion Cheerleading Specific Return Protocol

Stage	Objective	
Stage 1 Symptom-Limited Activity	Rest and Recovery	<ul style="list-style-type: none"> May participate in low intensity physical and cognitive activity limited for symptoms (15-30 minutes of low to moderate aerobic activity daily as tolerated, stopping for any increase in symptoms).
Stage 2 Light Aerobic Activity	Increase Heart Rate 30-40% of Maximum Heart Rate	<ul style="list-style-type: none"> 20 minute walk or stationary bike without resistance.
Stage 3 Sport-Specific Exercises	Add Movement 60-80% of Maximum Heart Rate	<ul style="list-style-type: none"> 20 minute jog or stationary bike with resistance. 2x10 reps lunges. 2x10 sit ups. 2x10 reps push ups. Practice Individual drills/stationary cheers for 15 minutes. Can do 1 & 2 legged jumps on ground. NO flying (basket tossing), stunting, spotting or pyramids.
Stage 4 Non-Contact Training Drills	Exercise, Coordination and Cognitive Load 80% Maximum Heart Rate	<ul style="list-style-type: none"> Non contract practice drills (not touching another person): Warm up (jogging/stretching 10-20 minutes) and practice team drills for additional 45 minutes. Can include stationary cheers and light tumbling on own (summersault, cartwheel, roundoff, back & front walkover). Can do 1 or 2 legged jumps on sound. Burps with jump x 10. NO flying (basket tossing), stunting, spotting or pyramids. <p style="text-align: center;"><i>If conditioning, can resume 50% previous weight.</i></p>
Medical Evaluation		
Stage 5 Full-Contact Practice	Restore Confidence and Assess Functional Skills by Coaching Staff Reach Full Exertion	<ul style="list-style-type: none"> Full contact practice. Can resume all activity including flying, stunts, spotting, full tumbling and pyramids. <p style="text-align: center;"><i>If conditioning, may resume 100% previous weight.</i></p>
Stage 6 Full Return to Play	Full Return to Physical Activity and Competition	<ul style="list-style-type: none"> Full contact competition.