

Cheerleading Specific Return to Sport Strategy Post Concussion

Stage	Aim	Activity	Goal of Each Step
1	Symptom-limiting activity	Daily activities that do not provoke symptoms	Gradual introduction of work/school activities
<i>Athlete should be 24+ hour symptom free before moving on to the next stage</i>			
2	Light aerobic activity	Walking or stationary cycling at slow to medium pace. No resistance training <i>-Light intensity jogging or stationary cycling for 15-20 minutes at sub-symptom threshold intensity</i>	Increase heart rate without provoking any symptoms
<i>Athlete should be 24+ hour symptom free before moving on to the next stage</i>			
3	Sport-specific exercise	Running, Routine Mark Throughs, Jumps, Motions, Dance <i>-Moderate intensity jogging or 30-60 minutes at sub-symptom threshold intensity</i> <i>-Low to moderate impact for jumps/dance warm up etc</i>	Adding Movement to activity without provoking any symptoms
<i>Athlete should be 24+ hour symptom free before moving on to the next stage</i>			
4	Non-contact training drills	Graduated return to below level skills. May start progressive resistance training <i>-Participation in high intensity running and drills. Non-Contact practice, NO tosses or dismounts</i> <i>*stunts and pyramids without dismounts</i> <i>-Participation in resistance training work outs</i>	Exercise, coordination and increased thinking
<i>Athlete needs to be at full participation in school activities before moving to these stages</i> <i>Athlete should be 24+ hour symptom free before moving on to the next stage</i>			
5	Full Contact Practice	Following Medical Clearance <i>-Participation in full practice without activity restriction</i>	Restore confidence and assess functional skills by coaching staff
<i>Athlete should be 24+ hour symptom free before moving on to the next stage</i>			
6	Return To Sport	Return to unrestricted participation	