

Return to physical activity following concussion

Cheerleading

| Stage | Activity | Cheerleading specific exercise | Objective of the stage |
|-------|----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | <ul style="list-style-type: none"> No physical activity Complete physical and | <ul style="list-style-type: none"> No activity | <ul style="list-style-type: none"> Recovery and elimination of symptoms |
| 2 | <ul style="list-style-type: none"> Light aerobic activity | <ul style="list-style-type: none"> 10 to 15 minutes of walking at home or at gym, or stationary bike | <ul style="list-style-type: none"> Add light aerobic activity and monitor for symptom return |
| 3 | <ul style="list-style-type: none"> Moderate aerobic activity Light resistance training | <ul style="list-style-type: none"> 20 to 30 minutes of jogging Light conditioning | <ul style="list-style-type: none"> Increase aerobic activity and monitor for symptom return |
| 4 | <ul style="list-style-type: none"> Vertical work No inversion | <ul style="list-style-type: none"> Moderate conditioning Jumps (toe-touch, Herkie, double hook) 15 yard sprints (as in tumbling pass) Stunting with feet on ground No tumbling or inversion | <ul style="list-style-type: none"> Maximize aerobic activity Introduce rotational head movements Monitor for symptoms |
| 5 | <ul style="list-style-type: none"> Intro level tumbling | <ul style="list-style-type: none"> Round-off Walkovers Handspring (1) Light tumbling Non-inverted lifts (Liberty, Kewpie) Cradle catch | <ul style="list-style-type: none"> Maximize aerobic activity Add deceleration/rotational forces in controlled setting Introduce inversion (vestibular stress) Monitor for symptoms |
| 6 | <ul style="list-style-type: none"> Full practice (after medical clearance) | <ul style="list-style-type: none"> Normal training activities | <ul style="list-style-type: none"> Frequent assessments throughout the practice Monitor for symptoms |
| 7 | <ul style="list-style-type: none"> Unrestricted workouts | <ul style="list-style-type: none"> Return to competition | <ul style="list-style-type: none"> Assess frequently Monitor for symptoms |

May begin Stage 2 when symptoms are markedly diminished, and can tolerate a partial school day.

May begin Stage 3 when a full school day is tolerated.

May progress to the next stage every 24 hours as long as symptoms do not worsen.

It is recommended that you seek further medical attention if you fail more than three attempts to pass a stage.



choa.org/concussion



404-785-1111 or 1-800-785-CHOA

This is general information and is not specific medical advice. Always consult with a doctor or healthcare provider if you have questions or concerns about the health of a child.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

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