

# Return to physical activity after a concussion

## Cheerleading

Stage	Activity	Cheerleading exercises	Goal
1	<ul style="list-style-type: none"> <li>Rest</li> </ul>	<ul style="list-style-type: none"> <li>Rest other than everyday walking</li> </ul>	<ul style="list-style-type: none"> <li>Promote recovery shortly after injury</li> </ul>
2	<ul style="list-style-type: none"> <li>Light aerobic activity</li> </ul>	<ul style="list-style-type: none"> <li>10 to 15 minutes of walking or stationary bike</li> </ul>	<ul style="list-style-type: none"> <li>Add light aerobic activity</li> <li>Watch if symptoms return</li> </ul>
3	<ul style="list-style-type: none"> <li>Moderate aerobic activity</li> <li>Light resistance training</li> </ul>	<ul style="list-style-type: none"> <li>20 to 30 minutes of jogging</li> <li>Light weight training (1 set of 10 reps)</li> </ul>	<ul style="list-style-type: none"> <li>Increase aerobic activity</li> <li>Watch if symptoms return</li> </ul>
4	<ul style="list-style-type: none"> <li>High intensity activity</li> <li>Vertical work</li> <li>No inversion</li> </ul>	<ul style="list-style-type: none"> <li>Moderate conditioning</li> <li>Jumps (toe-touch, Herkie, double hook)</li> <li>15 yard sprints (as in tumbling pass)</li> <li>Stunting with feet on ground</li> <li>No tumbling or inversion</li> </ul>	<ul style="list-style-type: none"> <li>Maximize aerobic activity</li> <li>Accelerate to full speed</li> <li>Start rotational head movements</li> <li>Watch if symptoms return</li> </ul>
5	<ul style="list-style-type: none"> <li>High intensity activity</li> <li>Intro level tumbling</li> </ul>	<ul style="list-style-type: none"> <li>Sprints, agility drills and normal weight training</li> <li>Round-off</li> <li>Walkovers</li> <li>Handspring (single)</li> <li>Light tumbling</li> <li>Non-inverted lifts (Liberty, Kewpie)</li> <li>Cradle catch</li> </ul>	<ul style="list-style-type: none"> <li>Maximize aerobic activity</li> <li>Add high intensity strength training</li> <li>Add deceleration/rotational forces in controlled setting</li> <li>Start inversion (vestibular stress)</li> <li>Watch if symptoms return</li> </ul>
6	<ul style="list-style-type: none"> <li>Full practice (after cleared by a provider)</li> </ul>	<ul style="list-style-type: none"> <li>Normal training activities</li> <li>Normal tumbling activities</li> </ul>	<ul style="list-style-type: none"> <li>Frequent assessments during practice</li> <li>Watch if symptoms return</li> </ul>
7	<ul style="list-style-type: none"> <li>Return to play</li> </ul>	<ul style="list-style-type: none"> <li>Return to competition</li> </ul>	<ul style="list-style-type: none"> <li>Return to normal competition</li> </ul>

### Other guidelines:

If possible, a school athletic trainer or responsible adult should monitor the student as they move through each stage.

The student:

- May start Stage 2 when symptoms are improving and they can tolerate partial school days.
- May start Stage 3 when they can tolerate full school days with NO concussion symptoms.
- May move to next stage every 24 hours as long as symptoms do not return DURING or AFTER work out.
- May NOT move to Stage 6 without written clearance from a medical provider.
- Should return to their provider if they have trouble completing these stages without symptoms.



*This is general information and is not specific medical advice. Always consult with a doctor or healthcare provider if you have any 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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