



# FHA Concussion Clinic

## 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"> <li>As tolerated, may do up to 30 minutes of light aerobic activity and/or stretching each day. Must stop and rest immediately for any increase in symptoms.</li> <li>Otherwise, <b>NO PE, sports or conditioning.</b></li> </ul>
Stage 2 Light Aerobic Activity	Increase Heart Rate 30-40% of Maximum Heart Rate	<ul style="list-style-type: none"> <li>20 Minute Walking at 2.5 mph or Stationary Bike without resistance.</li> <li><b>NO contact, resistance or weight training.</b></li> </ul>
Stage 3 Sport-Specific Exercises	Add Movement 60-80% of Maximum Heart Rate	<ul style="list-style-type: none"> <li>20 minute run at 5-6 mph.</li> <li>2x10 reps lunges.</li> <li>2x10 sit ups.</li> <li>2x10 reps push-ups.</li> <li>Practice individual drills/stationary cheers for 15 minutes. Can do 1 &amp; 2 legged jumps on the ground. NO flying (basket tossing), stunting, spotting, or pyramids.</li> </ul>
Stage 4 Non-Contact Training Drills	Exercise, Coordination and Cognitive Load 80% Maximum Heart Rate	<ul style="list-style-type: none"> <li>Non-contact practice drills (not touching another person)</li> <li>Warm up (jogging/stretching 10-20 minutes) and practice team drills for an additional 45 minutes.</li> <li>Can include stationary cheers and light tumbling on own (summersault, cartwheel, round off, back &amp; front walkover). Can do 1 or 2 leg jumps on sound. Burps with jumps x 10. NO flying basket tossing), stunting, spotting, or pyramids.</li> </ul> <p><b><i>If conditioning, may resume 50% previous weight.</i></b></p>
Medical Evaluation and Clearance		
Stage 5 Full Contact Practice	Restore Confidence and Assess Functional Skills by Coaching Staff Reach Full Exertion	<ul style="list-style-type: none"> <li>Full contact practice.</li> <li>Can resume all activity including flying, stunts, spotting, full tumbling, and pyramids.</li> </ul> <p><b><i>If conditioning, may resume 100% previous weight.</i></b></p>
Stage 6 Full Return to Play	Full Return to Physical Activity and Competition	<ul style="list-style-type: none"> <li>Full contact competition.</li> </ul>