

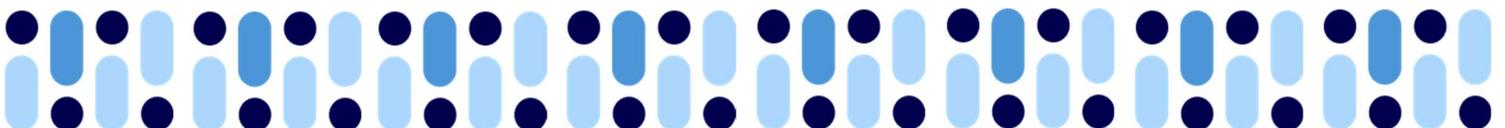
Gymnastics following a concussion

Gymnastics is a **medium-risk sport** for concussion due to:

- **Falls from height** (bars, beam, vault).
- **Impact landings** on the head/neck.
- **Collisions** with apparatus or other athletes (group routines, acro).

Because gymnastics demands **balance, coordination, spatial awareness, and precise timing**, concussion recovery must be thorough. Even mild symptoms can compromise safety on apparatus. A structured RTS pathway is essential to protect athletes from further injury.

Earliest day post-injury	Notes	Activity
Day 8	Can start this stage even when still symptomatic but exercise should not significantly worsen symptoms.	<p>Low risk exercise & training Gradual increase in self-directed exercise (running, stationary bike, swimming) supervised weight training etc. Light resistance or body weight training.</p> <p>Focus on fitness</p> <p>Gymnastics specific exercise</p> <ul style="list-style-type: none"> - Floor basics (stretching, shapes, rolls). - Static holds (handstands against wall, balances). - Beam work at floor level. - Walk-throughs of routines (no acrobatic elements).
<p>R2P Medical Assessment to assess fitness to start a Gradual Return to Sport</p>		
Day 15	Only if symptom free at rest for the preceding 14 days	<p>Gradual Return to Gymnastics training</p> <p>Consider starting with reduced intensity sessions, building up as tolerated.</p> <ul style="list-style-type: none"> - Vault run-ups and pre-vault drills (no full vaults yet). - Bars drills at low height (swings, transitions, no dismounts). - Beam skills at low-medium height. - Floor tumbling lines with low-intensity skills (cartwheels, round-offs, no back flips). <p>If remains well, progressing to:</p> <ul style="list-style-type: none"> - Full vaults, bar dismounts, complex beam skills. - Tumbling passes with flips, twists, and multiple elements. - Competition-level routines across all apparatus.
<p>R2P Medical Assessment to assess fitness to return to unrestricted sport</p>		
Day 21	Only if symptom free at rest for the preceding 14 days AND symptom	Return to full competitive Gymnastics



	free during previous stage	
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