Return to Gymnastics Protocol

Rehabilitation Exercise Program:
Strong focus of strength/endurance of:
- Wrist
- Elbow
- Shoulder
- Scapula
- Core

**Exercise progressions**
Must be able to perform minimum of 3x10-15 or hold 3x 20-30 seconds of exercise
Perform each exercise 1-2 sessions and advance to next progression if no pain.
If pain occurs go back to previous exercise for 2 sessions and then try advancing again.
When exercise progressions have been completed advance to Step program.

**Exercise Progressions:**
- Planks ➔ pushups
- Incline planks ➔ incline pushups
- Inverted hold ➔ inverted pushups
- Wall walk handstand
- Wall handstand (maintain proper body alignment)
- Handstand holds
- Handstand wall shrugs
- Handstand hops
- Cartwheel

**Step program:**
**Perform each step 2x each step performed on alternate days**

Perform each step 2-3 times before progressing to next step.
If pain occurs do not progress. Take a step back to earlier level and perform 2x before advancing

**Step 1**
Round off 10x
Rest
Round off 10x

**Step 2**
Round off 20x
Rest
Round off 20x
Progress to back handspring (focus on proper technique)

**Step 3**
1 handspring 15x
Rest 5 minutes
1 handspring 15x

**Step 4**
2 handsprings in a row 15x
Rest 5 minutes
2 handsprings in a row 15x

**Initiate Uneven bars after step 4 completed**
Start gradual return uneven bar skills at 50% focusing on form
Can increase intensity and difficulty by 20% every 6 sessions

**Step 5**
3 handsprings in a row 15x
Rest 5 minutes
3 handsprings in a row 15x

**Initiate Balance Beam Training after step 5 completed**
Start gradual return to balance beam skills at 50% focusing on form
Can increase intensity and difficulty by 20% every 6 sessions

**Step 6**
1 front handspring 10x
3 handsprings in a row 15x
Rest 5 minutes
1 front handspring 10x
3 handsprings 15x

**Step 7**
1 front handspring 10x
4 handsprings in a row 15x
Rest 5 minutes
1 front handspring 10x
4 handsprings in a row 15x

**Initiate vaulting and floor exercise**
Start gradual return vaulting and floor exercise skills at 50% focusing on form
Can increase intensity and difficulty by 20% every 6 sessions