

Carolina Sports Concussion Clinic

Cheerleading Specific Exercise Progression

Name of Athlete: _____

Date of Concussion: _____

| | EXERCISE | Day/Date | COMPLETED / COMMENTS | |
|----------------|---|----------|----------------------|-----------------------------|
| Stage 1 | Goal is to reach 30-40% of maximum heart rate Walking at 2.5 mph or Riding a stationary bike for 20-30 minutes. | | YES | |
| | | | NO | Supervisor's initials _____ |
| Stage 2 | Goal is to reach 40-60% of maximum heart rate Jogging (medium pace) for 20-30 minutes Sit-ups x 25, Push-ups x 20, Lunge walks x 20 | | YES | |
| | | | NO | Supervisor's initials _____ |
| Stage 3 | Goal is to reach 60-80% of maximum heart rate Running (fast pace) for 20-30 minutes Sit-ups x 50, Push-ups x 30, Lunge walks x 30. Practice individual drills/stationary cheers for 15 minutes: Can do 1 & 2 legged stunts on ground and light tumbling. No flying (basket tossing), stunting, spotting, or pyramids. | | YES | |
| | | | NO | Supervisor's initials _____ |
| Stage 4 | Goal is to reach 80% of maximum heart rate Participate in Non-contact practice drills: (not touching another person) Warm up (jogging/stretching 10-20 minutes) and practice team drills for 45-60 minutes total. Can include stationary cheers, medium pace tumbling on own. Can do 1 or 2 legged stunts on ground. Burpees w/ jump x 10. No flying (basket tossing), stunting, spotting or pyramids. | | YES | |
| | | | NO | Supervisor's initials _____ |
| | <i>Return for final office visit to obtain full clearance</i> | | | |
| Stage 5 | Goal is to reach full exertion. Participate in full-contact practice. Can resume all activity including flying, stunts, spotting, full tumbling & pyramids. | | YES | |
| | | | NO | Supervisor's initials _____ |
| Stage 6 | Goal is to reach & maintain full exertion. Resume full participation in competition | | YES | |
| | | | NO | Supervisor's initials _____ |

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