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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 rows 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 rows 15x

Rest 5 minutes

1 front handspring 10x

3handsprings 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