A close-up of a logo

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Criteria to initiate program:

* Proper alignment and eccentric control with bilateral and unilateral closed chain movements.
* Single leg single hop test and single leg press >70% on Limb Symmetry Index.

Key notes:

* Perform program on every other day basis to allow for 24-48 hours recovery time.
* Perform each phase for 2-3 sessions before moving on to next phase- move to next phase once able to complete with proper mechanics, good strength, and without symptoms.
* Athletes will progress at different rates through the program dependent upon confidence, degree of inflammation, severity of injury, age, and type of surgical intervention. Pain and swelling are the best guides to determining tolerance at each phase and whether an athlete should progress to the next step. Progression through the phases is combined evaluation and guidance of rehab provider and coach.
* Setbacks are common during return to sport progressions and sound judgment should be used regarding an extra rest day(s) or regressing back to prior phase if pain and swelling are problematic.
* Continue with strengthening exercises 2-3 times a week while progressing program- strengthening exercises may overlap days of program and be performed after program; however, must have one complete rest day per week.
* Active warm-up in class to initiate each session with cooldown following. Ice for 10-15 minutes following session as pain and swelling dictate.

Phase I:

* Walk through cheers
* Step-up drills
* Double-base thigh stand
* Double-base shoulder stand

Phase II:

* Sideline cheers and chants
* Single-base shoulder stand
* Extension prep into step off dismount
* Cradle drills
* Extension prep into cradle dismount
* Tumbling: basic rolls, bridges, handstands, cartwheel, round-off handstand forward roll, back walkover, front walkover

Phase III:

* Sideline cheers and chants
* Press extension, return to shoulders, cradle dismount
* Press extension, cradle dismount
* Full extension Step-up Liberty
* Ground-up Liberty
* Tumbling: standing back handspring, round-off back handspring, standing back handspring series, aerial cartwheel

Phase IV:

* Braced Liberty tick-tock
* Skills to cradles (toe touches and twists)
* Basket toss drills
* Basket toss skill execution (toe touches and twists)
* Tumbling: round-off back handspring series, standing back tuck, round-off back tuck, round-off back handspring back tuck, layouts from round-off back handspring, whip backs, half twists, full twists

Phase V:

* Sideline cheers
* Transitional stunts and inversions under coach’s supervision only