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.
* Perform Upper Extremity Functional Test at >70% to initiate Phase I if upper extremity injury.
* Single leg single hop test and single leg press >70% on Limb Symmetry Index.
* Able to perform full plank position pain free for 60 seconds with proper technique.

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.
* Start with spotter initially and as needed throughout progression.
* Start with landing more complex dismounts into foam pit to regain confidence and focus on technique.

Phase I:

* Runway Running: perform each level for 2-3 sessions prior to moving to next level. Stay in “Phase I” until entire runway running component is complete and pain free.
  + Level 1:
    - Run length of runway at 50% intensity x 10 repetitions (walk back for full recovery between repetitions)
    - Run 7-9 steps at 50% intensity, hurdle, rebound on springboard, stretch jump and land on stacked mat (minimum 16 inch surface); 5 repetitions
  + Level 2:
    - Run length of runway at 60% intensity x 10 repetitions (walk back for full recovery between repetitions)
    - Run 7-9 steps at 60% intensity, hurdle, rebound on springboard, stretch jump and land on stacked mat (minimum 16 inch surface); 5 repetitions
  + Level 3:
    - Run length of runway at 70% intensity x 10 repetitions (walk back for full recovery between repetitions)
    - Run 7-9 steps at 70% intensity, hurdle, rebound on springboard, stretch jump and land on stacked mat (minimum 16 inch surface); 5 repetitions
  + Level 4:
    - Run length of runway at 80% intensity x 10 repetitions (walk back for full recovery between repetitions)
    - Run 7-9 steps at 80% intensity, hurdle, rebound on springboard, stretch jump and land on stacked mat (minimum 16 inch surface); 5 repetitions
  + Level 5:
    - Run length of runway at 90% intensity x 10 repetitions (walk back for full recovery between repetitions)
    - Run 7-9 steps at 90% intensity, hurdle, rebound on springboard, stretch jump and land on stacked mat (minimum 16 inch surface); 5 repetitions
  + Level 6:
    - Run length of runway at 100% intensity x 10 repetitions (walk back for full recovery between repetitions)
    - Run 7-9 steps at 100% intensity, hurdle, rebound on springboard, stretch jump and land on stacked mat (minimum 16 inch surface); 5 repetitions
* Handstand fall to straight lying position on back
* Handstand walking
* Handstand shoulder taps
* Jump to handstand on stacked mats, fall to straight lying position on back

Phase II:

* Handstand hops
* Front handspring vault
* Round-off entry (Yurchenko) landing on stacked mats
* ¼ to ½ twist entry (Tsuk) landing on stacked mats

Phase III:

* Front handspring to ½ twist
* Front handspring to full twist
* Tsukahara tuck salto
* Tsukahara pike salto

Phase IV:

* Yurchenko tuck salto
* Yurchenko pike salto
* Yurchenko into ½ twist
* Yurchenko into full twist
* Yurchenko into double full twist
* Front handspring into double full twist

Phase V:

* Perform full routine with landing on padded mats for shock absorption progressing to competition mat (12 cm or 20 cm depending upon level)