

Weight Bearing Precautions	Vault	Bars	Beam	Floor	Benchmarks to progress to next level
Non-Weight Bearing	Running Drills, Squats, Sprints	Visualization. I's, T's, Y's for scapular stability.	Dance, Leaps, Turns, Jumps on Low beams	Dance, Leaps, Turns, Jumps, Endurance Routines, standing saltos (Level 6-10)	Physician clearance, Full ROM, pain free ROM
Partial Weight Bearing without Clearance for Vault/Floor Tumbling	Wheel Roll outs, Inch worm walks, Elbow plank holds, Side planks on elbow	Hanging, Pull to Chest (partial body weight pull ups), Lever pulls/Candlestick from the floor, Band work for Scapular Stability and Rotator Cuff, Leg lifts, Tuck ups, Stalder Leg Raises, Pull Ups with variety of hand grips.	Dance, Leaps, Turns, Jumps, Any acro elements without UE weight bearing	Open chain strength Biceps/Triceps, Rotator Cuff strengthening, Overhead presses, Flys, Lat Pulls, Quadraped work for overhead shoulder stability and weight shifting progressions. Wall push up progressions. Front tumbling without UE weight bearing on Tumble track progress to floor.	Physician clearance, No reports of Pain, Good proximal strength and scapular stability during exercise, athlete awareness of fatigue and proper mechanics during exercises
Full Weight Bearing on Protected Surfaces	Front Hand Springs and Bounders on Tumble Track, Short approach Round Off rebound drills (yerchenko Level 6-10), or Half Ons for Tsukharas. Handstand flat back drill (Level 2-5)	Strap Bar work Tap Swings, Giants, Clear Hips, Stalders. Kips, Casts handstands, Dismounts to loose foam	Cartwheels, handstands, Back Walk overs	Round offs, Front hand springs, Bounders, Round off-Back hand spring. Connections/passes onto Resi as level appropriate. Cartwheels, handstands, walk overs on Regular floor	No pain reports, Athlete is able to display correct and consistent form on strengthening and Basics. Progression is a combination of time and performance
Full Weight Bearing with Flight elements Weeks 1-4	Timers for Front entry vaults, Tsuks, Yerchenkos for 2 weeks from full run, then flip into loose	Pirouette skills, Blinds, Circling skills to handstand, Transition releases that don't land in	Handsprings , Round off dismounts, Flight series	Use of Rod Floor for 1 week if available. Then progress to regular floor with mesh 4" mats or Sting Mat 1 additional week.	Vault: Max of 3 Days per week Floor: Max of 3 Days per week Recommend alternating

	foam	Handstand, Dismounts to Resi		Then Regular Floor. Round offs, Front hand springs, Bounders, Round off-Back hand spring	Vault/Floor Days
Full Weight bearing with flight elements Weeks 4+	Full participation, progress landing surfaces over the next 2-4 weeks	Release Skills, Pak Saltos and Shoot Over to Handstand	Progress to full routines	Progress to individual tumbling passes. Will vary per level.	Lift restrictions of Days/week for any given event. Monitor athlete for symptoms and modify if necessary

This should serve as guidance of in the gym participation levels on each event in addition to working with a Physical Therapist since not all clinic interventions can be converted to a gym setting. In pediatric populations quality of movement should be routinely assessed by coaching and rehab staff to avoid premature progressions through stages despite good ROM and absence of pain.