



## **Recommendations for Return to Sport for Gymnast Wrist- MENS**

No brace starting: \_\_\_\_\_

### Week #1:

Vault- runs but nothing on arms yet

Bars/Rings/P-bars- swings, giants, dismounts, (no release moves,  
no "on top of the bar" work such as cast to handstands)  
up to 30 minutes each event

Pommel Horse- none

Floor- tumble track up to 10 minutes

Conditioning- rope climb, (nothing "pounding on arms yet, no push ups yet)

### Week #2 if no pain during skills during Week #1

Vault- no vaults yet

Bars/ Rings/ P-Bars- released-up to 5 release moves per day, up to 1 hour/ event

Pommel Horse- mushroom up to 5 minutes per practice

Floor- up to 10 minutes of tumbling on floor, can do handstands now, the rest  
should be on tumbletrack

Conditioning- up to 5 minutes of "on arms skills" such as pushups, presses

### Week #3 if no pain during skills during Week #2

Vault- up to 5 vaults per day

Bars/ Rings/ P-bars- released

Pommel Horse- up to 30 minutes per practice

Floor- released

Conditioning- released- limit skills with pounding exercises (such as pushup  
jump to feet, back to pushup position as an example- "burpies")

### Week #4 if no pain during skills during Week #3

Released

Next xray to look at growth plates- 6-9 months.

Thank you.



## **Recommendations for Return to Sport for Gymnast Wrist- Compulsory Level**

No brace starting: \_\_\_\_\_

### Week #1:

Vault- runs but nothing on arms yet

Bars- swings, dismounts, ( no "on top of the bar" work such as casts)

Beam- cartwheels, front walkovers, back walkovers (up to 5 of each)

Floor- tumble track up to 10 minutes

Conditioning- rope climb, (nothing "pounding on arms yet, no push ups yet)

### Week #2 if no pain during skills during Week #1

Vault- no vaults yet

Bars- released- up to 5 routines per day

Beam- released- up to 5 series per day, can do handstands now

Floor- up to 10 minutes of tumbling on floor, the rest should be on tumbletrack, handstands now permitted

Conditioning- up to 5 minutes of "on arms skills" such as pushups, presses, etc.

### Week #3 if no pain during skills during Week #2

Vault- up to 5 vaults per day

Bars- released

Beam- released

Floor- released

Conditioning- released- limit skills with pounding exercises (such as pushup jump to feet, back to pushup position as an example- "burpies")

### Week #4 if no pain during skills during Week #3

Released

Next xray to look at growth plates- 6-9 months.

Thank you.