

Gymnastics RTP for Mononucleosis

		Name:	Notes
Phase 1	Conditioning	Limit plyometrics. Conditioning and flexibility are ok.	Until 31 days after diagnosis
	Floor	none	
	Pommel Horse	none	
	Rings	none	
	Vault	none	
	Parallel Bars	none	
	High Bar	none	
Phase 2	Conditioning	Limit plyometrics. Conditioning and flexibility are ok.	Recommend total hours in the gym are reduced to about 50 percent of normal secondary to fatigue and deconditioning. This phase is 31-38 days from diagnosis
	Floor	Flares/circles/handstand skills/round-off back handsprings with single saltos. Front also	
	Pommel Horse	Basics without dismounts	
	Rings	Basic strength skills without dismounts or full swings.	
	Vault	Running and handspring and Tsuk Timers only	
	Parallel Bars	Basics only without dismounts.	
	High Bar	Strap Bar and Pit bar basics without dismounts	
Phase 3	Conditioning	No limits in activities. Still reduced time of strengthening	Recommend total hours in the gym are reduced to about 75 percent of normal secondary to fatigue and deconditioning. This phase is 38-45 days from diagnosis
	Floor	Standing Handspring and tucks. Add up to double Twisting saltos	
	Pommel Horse	Full Skills with dismounts	
	Rings	Full swinging skills. Dismounts into the pit	
	Vault	Add Yurchenko timers	
	Parallel Bars	Full Swing works. Dismounts onto resi-mat or pit	
	High Bar	Full Swing Skills. Release moves and Dismounts into the pit	
Phase 4	Conditioning	Full	Recommend total hours in the gym are reduced to about 90 percent of normal secondary to fatigue and deconditioning. This phase is 45-52 days from diagnosis
	Floor	Add All front tumbling and double saltos	
	Pommel Horse	Full	
	Rings	Full dismounts	
	Vault	Flip Yurchenko, Tsuk, and Handspring Fronts	
	Parallel Bars	Releases and Dismounts onto mat without twisting	
	High Bar	Releases still over pit. Basic dismounts onto regular mat	
Phase 5	Conditioning	Full	Full time and activity
	Floor	May add full salto twisting combinations	
	Pommel Horse	Full	
	Rings	Full	
	Vault	Add twisting to Yurchenkos, Tsuks, and front vaults as needed	
	Parallel Bars	Add Twisting	
	High Bar	Full dismounts	

*If Athlete experiences excessive fatigue. Repeat the same Phase for another week. If athlete feels any abdominal pain, they should stop immediately and contact their physician.