



Gymnastics RTP for Wrist (Men)

		Name:	Notes
Phase 1	Conditioning	Wall press out wall push up with a press out Kneeling press out press out in a push up position doggy rock Dips reclined L-seat Push up with a press up pull ups elevated push up with a press up Piked handstand push up with a press out Mini tramp elevated push up mini tramp piked handstand push up	All exercises are done in 3 sets of 10-15 repetitions
Phase 2	Conditioning	All lower body and core allowed; no upper extremity weight bearing	Alert your coach/athletic trainer/physical therapist if you have pain for modification. DO NOT push through pain
	Floor		
	Pommel Horse	Support Holds (legs behind horse); press throughs back and forth support holds	
	Rings	Start below rings swing skills	
	Vault		
	Parallel Bars	Start under bar work swings and above bar basic swings	
	High Bar		
Phase 3	Conditioning	All lower body and core allowed; no upper extremity weight bearing	Alert your coach/athletic trainer/physical therapist if you have pain for modification. DO NOT push through pain
	Floor		
	Pommel Horse	Begin scissors; transition to pommel circles if tolerated scissors	
	Rings	Begin L-seats and handstand holds	
	Vault		
	Parallel Bars	L-seats and press-handstands; no planches or other upper extremity weight bearing	
	High Bar		
Phase 4	Conditioning	Start gymnastics-specific upper body; limit overall volume of strength work at half of normal	Alert your coach/athletic trainer/physical therapist if you have pain for modification. DO NOT push through pain
	Floor		
	Pommel Horse	Start skill work on pommels; no long sequences, kehrs, or leather; low volume	
	Rings	progress to advanced p-bar conditioning as tolerated	
	Vault		
	Parallel Bars	progress to advanced p-bar conditioning as tolerated	
	High Bar		
Phase 5	Conditioning	full clearance for conditioning	Alert your coach/athletic trainer/physical therapist if you have pain for modification. DO NOT push through pain
	Floor		
	Pommel Horse	Cleared for sequences; slow transition to leather and slow ramp up; full clearance pommel work	
	Rings	Cleared	
	Vault		
	Parallel Bars	Cleared	
	High Bar		
Phase 6	Conditioning		
	Floor		
	Pommel Horse	Cleared	
	Rings	Cleared	
	Vault		
	Parallel Bars	Cleared	
	High Bar		