

# Gymnastics RTP for Elbow Dislocation/UCL Sprain (Women)

		Name:	Notes
Phase 1 (non-weightbearing)	Conditioning	legs, hollow holds, v-ups, Sit-ups	Remain at this level until physician clearance and full pain free ROM
	Vault	Running drills and squats	
	Bars	Visualization techniques and Blackburns or T, I and Y periscapular strengthening	
	Beam	Dance Thrus, jumps, leaps, and turns on low beam or a line only	
	Floor	Dance Thrus, jumps, leaps, and turns. Standing Saltos or side aerials (8-Elite)	
Phase 2 (partial weight without vault/floor)	Conditioning	ab wheel roll, Open chain biceps, triceps, RC, over head press, lat pull down, wall push up	Physician Clearance. No pain. Good Shoulder and scapular strength. Proper mechanics
	Vault	wheel roll outs, inch worm walks, elbow plank holds, side planks on elbow	
	Bars	Hanging pull to chest, lever/candlestick pulls from floor, band shoulders, pulls ups, leg lifts	
	Beam	Dance, jumps, turns, and acrobatics without weight bearing	
	Floor	Tumble track front saltos or one handed handsprings.	
Phase 3 (Full Weight bearing on Protected Surfaces)	Conditioning		No pain. Correct form on basics. Progression in time and performance and skills
	Vault	Front hdsp and bounders on tumble trak, short approach round off drills	
	Bars	Strap bar--tap swings, giants, clear hips, stalders, kips, casts, handstrands dismount to pit	
	Beam	Cartwheels, handstands, back and front-walkovers. Tik Toks	
	Floor	fhsp, bounders, rd-off back handspring on resi or tumble trak. Low impact on reg floor	
Phase 4 (Full weightbearing with flight elements)	Conditioning	Press handstands, Progressive push ups	Vault max of 3x week and floor 3x week. Alternating days of each.
	Vault	Timers for front vaults, Tsukahara and Yerchenko timer from run for 2 weeks, then flip in pit	
	Bars	Piroutte skills blinds, circle handstands, releases that don't land in handstand. Dismount resi	
	Beam	Handsprings, round-off dismounts (no double tuck or twists), flight series	
	Floor	Rod floor (1 wk). Use sting or 4 inch mat. Easy round off bhsp salto or bhsp bhsp or front	
Phase 5	Conditioning		Lift Restrictions of days per week. Monitor for return of symptoms.
	Vault	Full participation Progress landing surfaces over 2-4 weeks	
	Bars	Add Release Skills, Pak saltos, and shoot overs to handstand	
	Beam	Progress to full routine and dismounts--start with double and twists into pit if possible	
	Floor	Progress to individual tumbling passes. Start landing onto resi-mat	

\*If athlete has reoccurrence of pain, return to previous phase for 1 week. If unable to progress after two weeks, contact physician. If swelling or feeling of instability recur contact a physician.