



Dance

| Exertion Phase | Cardio | Balance/Strength | Sports Drills |
|--------------------------|--|--|--|
| Phase 1 15-20 minutes | <ul style="list-style-type: none"> • Walking Outside • Treadmill Walking • Stationary Bike • Arm Bike | <ul style="list-style-type: none"> • Single leg balance • Tandem Stance <ul style="list-style-type: none"> - (One foot in front of the other) • Neck Strengthening | <ul style="list-style-type: none"> • Light Stretching • May walk during practice or PE class |
| Phase 2 20-30 Minutes | <ul style="list-style-type: none"> • Walking <ul style="list-style-type: none"> - Speed/Uphill • Elliptical • Stairmaster • Swim with kick board • Light Jump rope • Light Jogging | <ul style="list-style-type: none"> • Core exercises <ul style="list-style-type: none"> - Minimize head movements Planks, leg lifts • Body Weight exercises <ul style="list-style-type: none"> - Lunges, squats, push-ups, step-ups, tricep dips • Yoga and Pilates <ul style="list-style-type: none"> - Minimize head movements • Balance Exercises | <ul style="list-style-type: none"> • Activities without risk of contact or collision • No activities with multiple balls in the air • Examples <ul style="list-style-type: none"> - Stretching - “Marking” dance moves |
| Phase 3 30-40 Minutes | <ul style="list-style-type: none"> • Running and Sprinting • Footwork and cutting • Jumping | <ul style="list-style-type: none"> • Core exercise with head movement <ul style="list-style-type: none"> - Bicycle crunches, planks with head rotation • Low weight high repetition lifting • Squats, curls, bench press, lunges • Dynamic warm up <ul style="list-style-type: none"> - Jogging, high knees • Jumping exercises <ul style="list-style-type: none"> - Squat jumps, jumping jacks, box jumps • Balance exercises <ul style="list-style-type: none"> - Single leg balance with forward reach to floor | <ul style="list-style-type: none"> • May start moderate intensity classes <ul style="list-style-type: none"> - Ballet, jazz contemporary, tap • Avoid head contact with the ground • Limitations: <ul style="list-style-type: none"> - No more than 2 revolutions at a time - Leaps without rapid head motion - Limit the number of practice routines with rapid head motion even if “marked” |

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| Phase 4 40-60 Minutes | <ul style="list-style-type: none"> • Continue Phase 3 Cardio while increasing duration | <ul style="list-style-type: none"> • Advanced core exercises <ul style="list-style-type: none"> - Burpees, mountain climbers • Higher weight lower repetition lifting • Continue Balance Exercises | <ul style="list-style-type: none"> • May participate in higher intensity classes <ul style="list-style-type: none"> - Hip-hop, acro, jazz • Progress to <ul style="list-style-type: none"> - Full turns - Full leaps • Avoid inversion |
| Phase 5 > 60 Minutes | <ul style="list-style-type: none"> • Full practice participation without restrictions | <ul style="list-style-type: none"> • Full practice participation without restrictions | <ul style="list-style-type: none"> • Full practice participation without restrictions |

If headache, dizziness, or any other symptom occurs during the progression, stop exercising, wait 24 hours, then resume activity at the previous symptom free level.