M.NEURO SPORT

Keep concussions on the sidelines

BRAIN **PROTOCOL**

A step-by-step gradual process for return to play

BIKE
Increase heart rate with sustained effort while keeping the head as still as possible.

RUN
Adds simple, repetitive movement.

AGILITY
Adds more explosive movement and asks the brain to do more complex function.

IN RED
Adds usual drills and workout while avoiding all physical contact.

("In Red" refers to the red jersey players wear to signify that they are NOT to be hit.)

NO RESTRICTIONS
A doctor must clear the athlete before this step.

				No Restrictions
				Must be cleared by a doctor
			In Red	
			Adds mental functions of normal workout/ drills. No contact	Adds mental functions of normal workout/ drills. No contact
		Agility		
		Adds athletic movements and explosive effort	Adds athletic movements and explosive effort	Adds athletic movements and explosive effort
	Run			
	Adds simple repetitive movement	Adds simple repetitive movement	Adds simple repetitive movement	Adds simple repetitive movement
Bike				
Increase heart rate with sustained effort	Increase heart rate with sustained effort	Increase heart rate with sustained effort	Increase heart rate with sustained effort	Increase heart rate with sustained effort

- An athlete **cannot start** the protocol until there are no remaining symptoms.
- Athletes 18 years old or younger **must wait at least 24 hours between each step**, without symptoms.
- If the **symptoms return, the protocol MUST stop**. Once ALL symptoms are gone again, the process restarts by repeating the last step completed before symptoms returned.

C.S. Mott Children's Hospital Pediatric Trauma Program

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