



BRAIN PROTOCOL

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

No RESTRICTIONS

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.

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

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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.

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Keep concussions on the sidelines

CONCUSSION FACTS

- Getting your bell rung **IS** a concussion
- Most concussions **DO NOT** involve being knocked out
 - only occurs in 1 of 10 cases
- Concussions **DO NOT** require a blow to the head
 - they can result from whiplash
- Every concussion is unique
 - they **DIFFER** by **PERSON & INCIDENT**

1 OR MORE OF THESE MAY = CONCUSSION:

May not appear for MINUTES, HOURS, DAYS or UNTIL CHALLENGED (physically OR mentally)

- Headache
- Pressure in the Head
- Nausea or Vomiting
- Sleep Changes
- Dizziness
- Vision Changes
- Sensitive to Light or Noise
- Feeling Sluggish or Groggy
- Confusion
- Difficulty Concentrating or Remembering
- Mood Changes
- Behavior or Personality Changes
- Being Knocked out (even briefly)
- Answers Questions Slowly
- Moves Clumsily

Keep CONCUSSIONS on the Sidelines!

DANGER SIGNS = IMMEDIATE MEDICAL ATTENTION:

- Symptoms Get Worse
- Decreasing Consciousness
- Increasing Sleepiness
- Seizure
- Vomiting
- Trouble Recognizing People or Places
- Neck Pain
- Weakness in Arms or Legs
- Slurred Speech

With proper recognition & management YOU can prevent permanent brain injury & death



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