

M. NEURO[®] SPORT

Keep concussions on the sidelines

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**

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AGILITY

**Adds athletic
movements and
explosive effort**

Adds athletic
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explosive effort

Adds athletic
movements and
explosive effort

RUN

**Adds simple
repetitive
movement**

Adds simple
repetitive
movement

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movement

BIKE

**Increase heart
rate with
sustained effort**

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- 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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