

r u ok 2 R.T.P.?

A CONCUSSION IS A BRAIN INJURY. TAKE IT SERIOUSLY!



SAFE RETURN TO PLAY FROM CONCUSSION



Rest > Cognitive Rest > Light Aerobics > Drills > Training > No Symptoms? > Return To Play

 **BRAIN INJURY ASSOCIATION**
OF NEW JERSEY

 **Partners for Health**
A Community Foundation
Serving the Montclair Area

www.sportsconcussion.com

1-800-669-4323