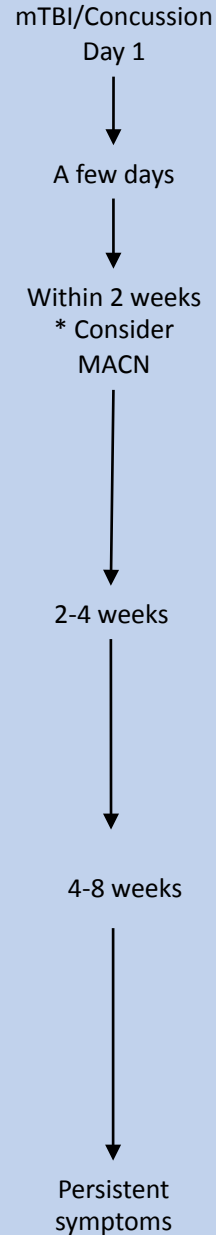
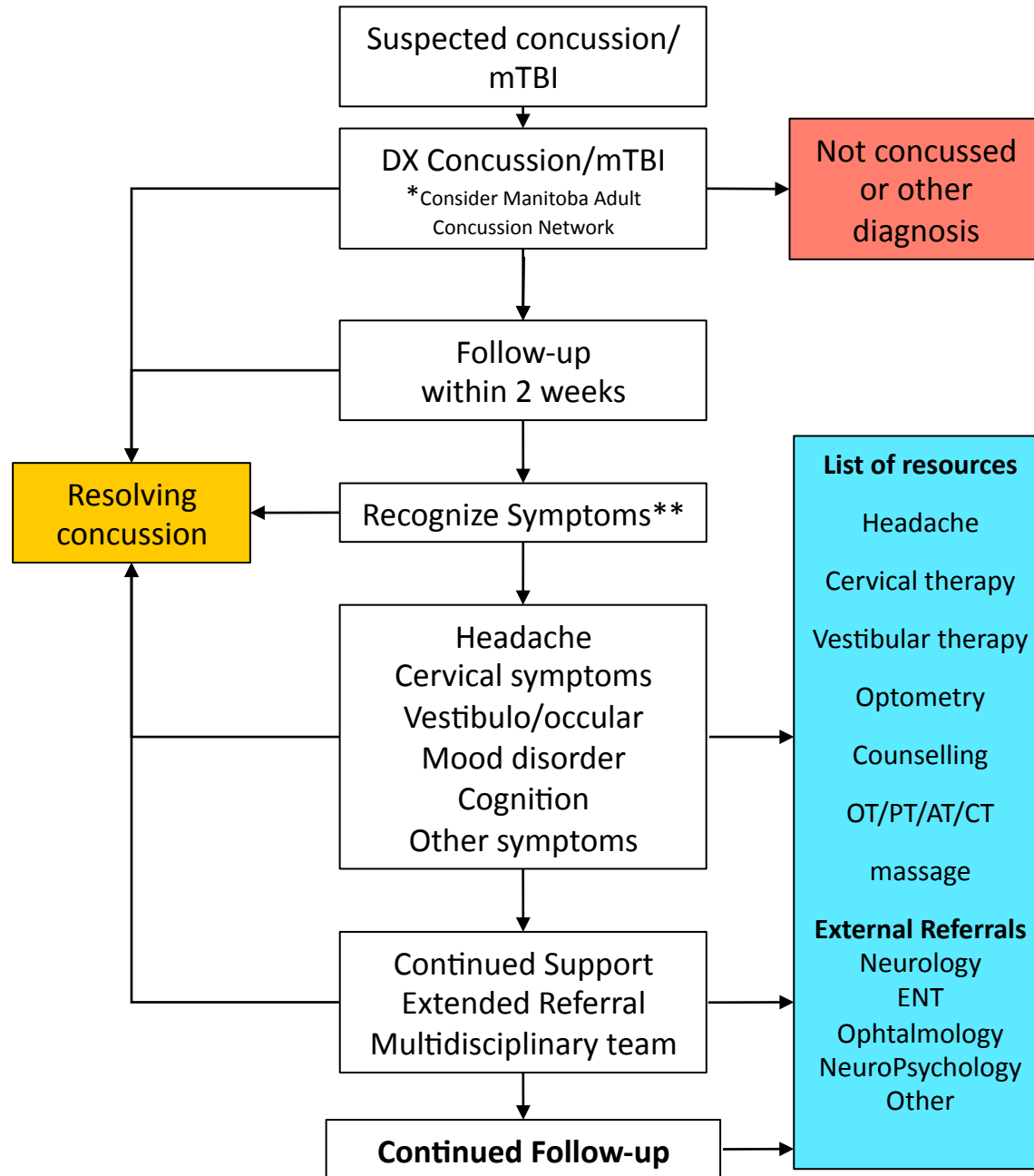


TIMELINE



MANITOBA ADULT CONCUSSION NETWORK (MACN)



Patient Education

REASSURE

NORMALISE
OR
DECATASTROPHIZE

SLEEP PATTERN

HEALTHY EATING

↓ ANXIETY
COUNSELLING

CONCUSSION
APP

INFO SHEET

APPROPRIATE
THERAPY

PROGRESS ACTIVITY

RETURN TO PLAY

RETURN TO LEARN

RETURN TO WORK