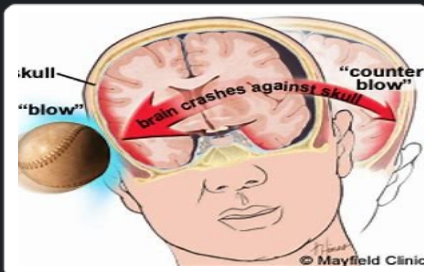
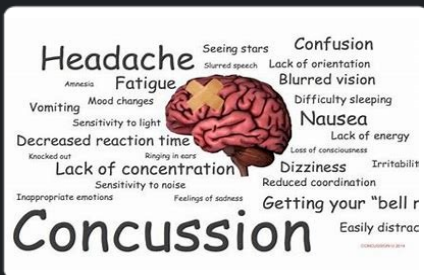




# Concussion 101

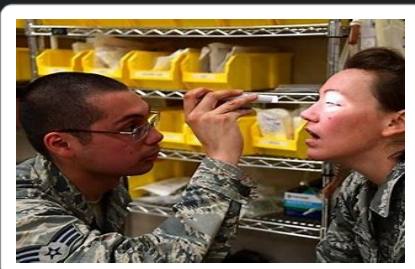
## RECOGNIZE



What is a concussion/  
Traumatic Brain  
Injury(TBI)?

What are the main  
causes of concussions  
within the Canadian  
Military.

## REMOVE AND REST



How the brain and body react  
to subsequent concussions  
within 30 days or if left  
unrecognized?

Learn the different grades of  
concussions and the signs and  
symptoms you may  
experience.

## REHABILITATION



Phases of rehabilitation:

- #1: Blood Flow
- #2: Inflammatory
- #3: Visual/ Vestibular
- #4: Neck injuries

