

# 12 R'S OF CONCUSSION MANAGEMENT

**REDUCE** THE RISKS OF A CONCUSSION OCCURRING WITH PREVENTATIVE MEASURES.

**RECOGNIZE** WHEN AN ATHLETE HAS A SUSPECTED CONCUSSION.

**REMOVE** THE ATHLETE FROM THE FIELD OF PLAY IMMEDIATELY.

**REST** FOLLOWING THE INJURY WHILE STILL INCLUDING SOME ACTIVITIES OF DAILY LIVING.

**REFER** THE ATHLETE TO THE APPROPRIATE MEDICAL PROFESSIONALS.

**RE-EVALUATE** SYMPTOMS WITH A QUALIFIED HEALTHCARE PROFESSIONAL.

**REHABILITATE** WITH LIGHT EXERCISE BASED ON MEDICAL ASSESSMENT.

**RECOVER** WITH AN INDIVIDUALIZED PLAN BASED ON HEALTHCARE PROFESSIONAL ASSESSMENTS.

**RETURN-TO-SPORT** GRADUALLY WITH THE APPROPRIATE STRATEGY AND MEDICAL ADVICE.

**RECONSIDER** THE POTENTIAL LONG-TERM EFFECTS OF CONCUSSIONS IN SPORT.

**REFINE** THE APPROACH BASED ON THE INDIVIDUAL ATHLETE'S NEEDS.

**RETIRE** FROM DIFFERENT LEVELS OF SPORT PARTICIPATION WHEN THE TIME IS RIGHT.

**LEARN MORE.**

*The information provided on here and on [SIRC.ca](https://www.sirc.ca) is intended for informational purposes only. While SIRC makes every effort to ensure the accuracy and relevance of the research information shared on this site, SIRC does not conduct an exhaustive review of all available research. See our [Terms and Conditions](#) to learn more.*

