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The BW Multi-Disciplinary Concussion Management process is a comprehensive plan which addresses necessary cognitive and physical rest and academic accommodations to aid in the recovery of students affected by this traumatic brain injury. The BW Concussion Management plan is guided by the NCAA Concussion Return-to-Learn Guidelines. In general, these guidelines emphasize four major points:

1. A stepwise program that fits the needs of the individual.
2. Both physical and cognitive activities require brain energy, and such brain energy is not available for physical and cognitive exertion because of concussion-induced brain crisis.
3. Recommendations based on consensus statements, with a paucity of evidence-based data to correlate with consensus recommendations.
4. Recommendations made within the context of a multi-

- < If you are an athlete, you will be required to be cleared by a physician before participating in any physical activity and returning to play.
- < For non-athletes, you must be cleared by a physician before returning to physical activity (i.e., performance-based/activity courses).