



—JEUX DU—
CANADA
—GAMES—

**SPORT FOR
LIFE CENTRE**

M E D I C I N E C L I N I C

(5-10 DAYS)

COGNITIVE REST STRATEGIES FOR CONCUSSION

NO

TV
Texting
Alcohol

Video Games
Reading
Caffeine

YES

Audio
(podcast, light music, audiobooks)
Drink a lot of water
Healthy, balanced diet
Early to bed
Consistent wake time

**145 PACIFIC AVE, WINNIPEG MB
SPORTMEDICINECENTRE.CA**