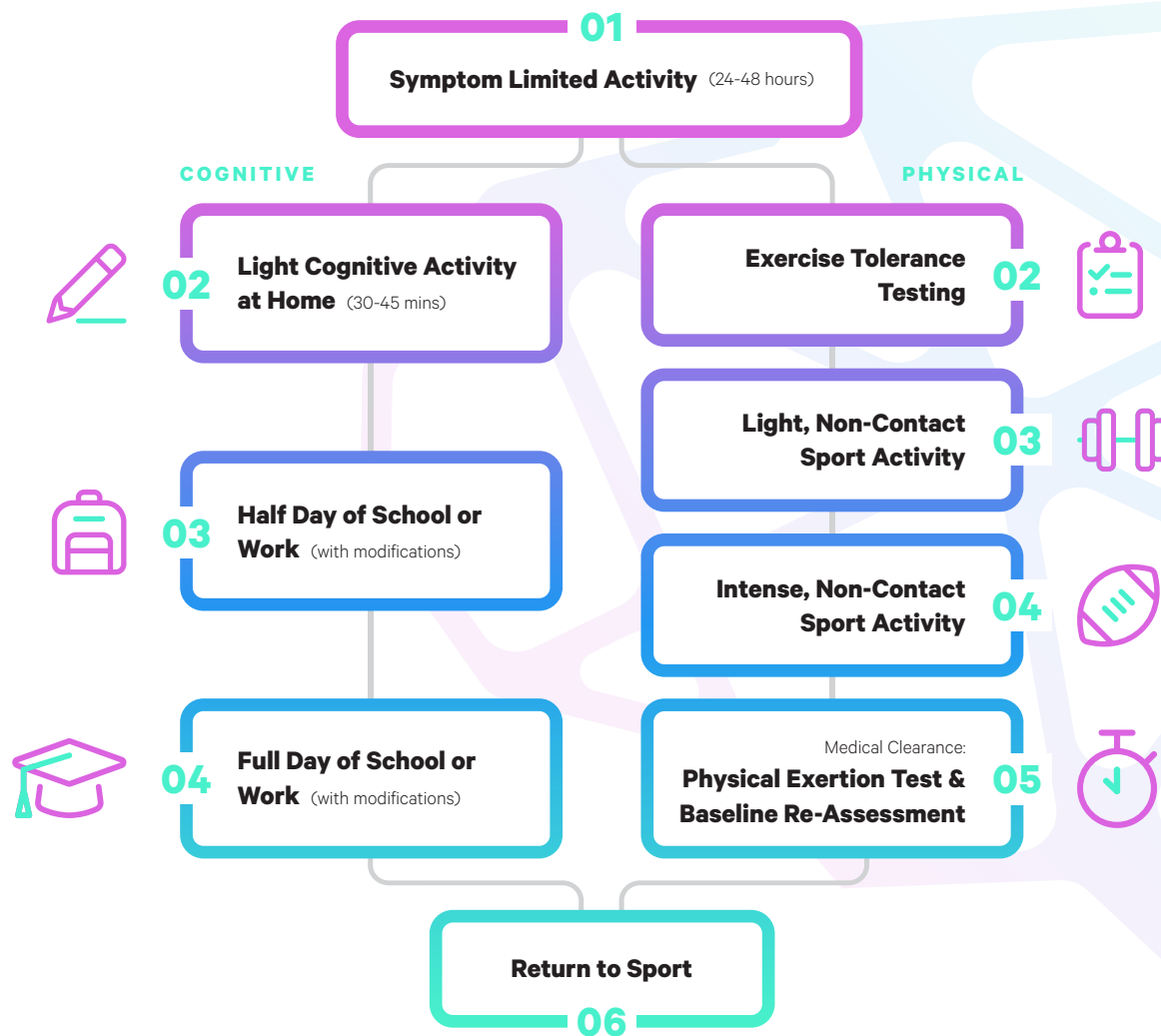


# Recovery Stages of Concussion.



Each stage must be separated by at least 24 hours.  
If symptoms occur at any one stage, athlete must return to previous stage.

## Download Our App!



Download our Concussion Tracker app or visit your mobile app store. If you have further questions regarding setup on the Concussion Tracker App please refer to our extensive **App Help** section on our website for step-by-step instructions on everything from creating teams and adding players, to how to report injuries, how to upload medical clearance letters and more.

## Connect With Us!

