

**3 M's - Mnemonic device for patient/family education regarding MTBI and appropriate brain load to rest ratio**

<b>Monitor</b>	Clients monitor their MTBI symptoms - headache, dizziness, nausea, fogginess with activity for an increase above baseline
<b>Modify</b>	Change parameters of activity such as removing cognitive distraction or decreasing intensity
<b>Move On</b>	If symptoms remain elevated after modification then discontinue activity, rest the brain. later retrieval the same activity at a lower intensity