



# MUSCLE STRAIN PROTOCOL

**MOST COMMON WITH THE ADDUCTORS, HAMSTRINGS, QUADS, HIP FLEXORS AND CALF IN SOCCER)**



**INFO@LIFTTRAINING.CA**

## IMMEDIATE CARE

### PRICE

**(Protect, Rest, Ice, Compression-tensor off and on to reduce swelling, Elevation (above the level of the heart))**

**See physiotherapist within 24-48 hours following injury**

**Assess Grade of Injury (1-3)**

**Follow Grade Level Protocol & Timelines For Return To Play**

## ASSESS GRADE OF INJURY (1-3)

### GRADE 1

**Overstretched ligament (no tearing)**

Rehabilitation and return to sport in 2-4 weeks

### GRADE 2

**Partial tearing to the ligament**

May require bracing and crutches dependent on severity

Rehabilitation for return to sport in 6-8 weeks

May require taping/bracing with return to sport from 6-12 weeks post injury

### GRADE 3

**Complete tear of the ligament**

Immobilization

Crutches as needed

Consult with medical staff for imaging and/or surgery consult

Rehabilitation for return for sport 3 months or more

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**LiftTraining.ca/soccer**

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