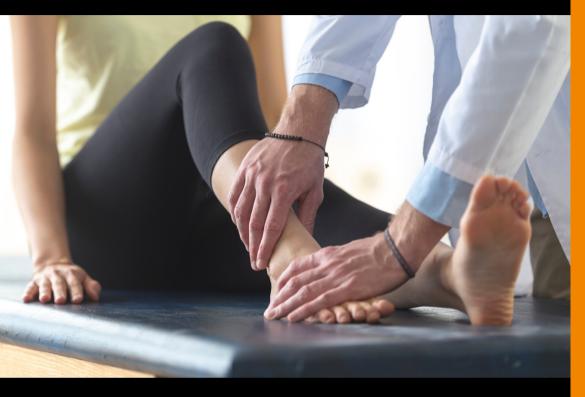


# LIGAMENTOUS SPRAIN PROTOCOL

(MOST COMMON WITH THE FOOT, ANKLE, KNEE 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

**Phone: 604.314.4048 Email: info@lifttraining.ca** 3082 Spring Street (Left Side Door) Port Moody, BC

LiftTraining.ca/soccer



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