

LIFT



LIGAMENTOUS SPRAIN PROTOCOL (MOST COMMON WITH THE FOOT, ANKLE, KNEE IN SOCCER)



[INFO@LIFTTRAINING.CA](mailto:info@liftraining.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](https://www.liftraining.ca/soccer)