



# Upper Body Protocol

PLAYER AND COACH RESOURCE GUIDE

## Shoulder Impingement



### HERE'S WHAT TO KNOW:

- Presents as shoulder pain when lifting arms overhead through the “painful arc”.
- Results from altered shoulder mechanics and lack of mobility
- Try to limit offending actions when possible.
- See physiotherapist or athletic therapist to reduce symptoms and improve mobility and strength of the shoulder.
- Restoring proper posture can shoulder mechanics can greatly reduce symptoms.

### 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

### CONTACT US

Phone: 604.314.4048 Email: [info@liftraining.ca](mailto:info@liftraining.ca)  
3190 St Johns St #216, Port Moody, BC V3H 2C4

**LiftTraining.ca**

Copyrighted 2023 LIFT Fitness & Physiotherapy