

LIFT



FRACTURE PROTOCOL

(MOST COMMON IN THE FOOT, ANKLE AND LOWER LEG IN SOCCER)



INFO@LIFTTRAINING.CA

IMMEDIATE CARE

Call 911 if needed

Protect and stabilize injured area while transported to the hospital for imaging and acute care (casting and or surgery as required)

See physiotherapist, injury will be graded and return to play timelines will be discussed.

Average bone healing time is 6-12 weeks depending on area and type of fracture

Return to sport post-fracture varies from 6 weeks to 1 year