

# LIFT



## 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

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**[LiftTraining.ca/soccer](https://LiftTraining.ca/soccer)**