



# Upper Body Protocol

PLAYER AND COACH RESOURCE GUIDE

## Shoulder Tendinopathy Protocol



### HERE'S WHAT TO KNOW:

- Most common in the rotator cuff, and proximal biceps tendons
- PRICE after activity. Only continue activity if pain stays below 3/10 severity.
- Occurs overtime from overuse and weakness of the muscle-tendon unit, often alongside poor mechanics or position of the shoulder.
- See an physiotherapist or athletic therapist to strengthen the area and improve mobility in the area

### 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

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