



Upper Body Protocol

PLAYER AND COACH RESOURCE GUIDE

Shoulder or Elbow Dislocation



HERE'S WHAT TO KNOW:

- If a dislocation is suspected **DO NOT** try to put the joint back on your own.
- Immobilize the area and transport to the hospital immediately.
- See physiotherapist or athletic therapist to start rehab plan
- Return to play time will depend on location, severity, and whether surgery was required.

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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