

LIFT



MUSCLE STRAIN PROTOCOL

MOST COMMON WITH THE ADDUCTORS, HAMSTRINGS, QUADS, HIP FLEXORS AND CALF 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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