



Upper Body Protocol

PLAYER AND COACH RESOURCE GUIDE

Fracture Protocol



HERE'S WHAT TO KNOW:

- Most common to the clavicle and forearm/wrist
- Immobilize all fractures with a splint or sling.
- An unstable fracture of the clavicle or humerus (upper arm) can be very serious and should be transported to the hospital immediately or call 911.
- Casting or splinting will be required in most cases.
- See physiotherapist or athletic therapist after being discharged from hospital to begin rehab.
- Return to play 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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