



Upper Body Protocol

PLAYER AND COACH RESOURCE GUIDE

Muscle Strain Protocol



HERE'S WHAT TO KNOW:

- Most common to biceps, rotator cuff, trapezius, pectorals and latissimus dorsi.
- PRICE immediately following injury
- See physiotherapist or athletic therapist within 48 hours to assess severity and determine treatment and return to play plan.
- Treatment and low level exercise can be started early to shorten rehab time
- More severe injuries may require splinting or use of a sling during early stages of rehab
- Return to play will vary based on severity of sprain, ranging anywhere from 14 days to 3 months.

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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