



## FRACTURE PROTOCOL

(MOST COMMON IN THE FOOT, ANKLE AND LOWER LEG IN SOCCER)



**INFO@LIFTTRAINING.CA**

**IMMEDIATE CARE**

**Call 911 if needed**

**Protect and stabilize injured area while transported to the hospital for imaging and acute care (casting and or surgery as required)**

**See physiotherapist, injury will be graded and return to play timelines will be discussed.**

Average bone healing time is 6-12 weeks depending on area and type of fracture

Return to sport post-fracture varies from 6 weeks to 1 year