



Upper Body Protocol

PLAYER AND COACH RESOURCE GUIDE

Frozen Shoulder



HERE'S WHAT TO KNOW:

- Typically occurs from long periods of immobilization of the shoulder. Usually after surgery or traumatic injury which requires long term bracing
- Start work with physiotherapist or athletic therapist right away to begin restoring range of motion and strength

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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