



WHAT TO DO WHEN A PLAYER GETS HURT

Step 1: Fill out injury report/log

Step 2: Unsure if physio is required /needed?
Email info@lifttraining.ca to contact a physiotherapist who will provide guidance.

Step 3: Book with LIFT Physiotherapy to undergo an assessment and initiate a tailored treatment plan.



The **treatment plan** will consist of manual therapy, exercise prescription, education and return to play guidelines. The treatment plan will also cover maintenance activities to decrease the risk of future injury.

Communication will be provided with coaches to ensure a smooth return to play process.