

STRAIN & SPRAIN GRADING

ASSESS GRADE OF INJURY (1-3)

GRADE 1

- Overstretching of ligament or muscle with no tearing
- May have minor range of motion or strength deficits with minimal pain
- Rehabilitation and return to sport in 2-4 weeks

GRADE 2

- Partial tearing of ligament or muscle fibers
- Will often see bruising within 24 hours of injury, will have range of motion and strength deficits with moderate to severe pain
- More serious injuries may require use of a sling to protect injury in early stages.
- Rehabilitation to return to sport in 6-8 weeks

Grade 3

- Full tearing of ligament or muscle fibers/tendon
- Will often report a “pop or snap”, bruising and palpable defect, with significant range of motion and strength deficits. Pain is severe at the moment of injury and sometimes will diminish within a few minutes.
- Rehabilitation for return to play 3 or more months
- Initial care
 - Sling or bracing will be required to immobilize and protect tissues while healing
 - Follow up with medical professional as soon as possible for imaging and possible surgical consult