



Upper Body Protocol

PLAYER AND COACH RESOURCE GUIDE

Shoulder Instability



HERE'S WHAT TO KNOW:

- In severe cases can result in repeated subluxations of the shoulder [dislocations that go back on their own]
- Can be common after past dislocations or injuries to the shoulder joint
- See physiotherapist or athletic therapist to strengthen and stabilize the shoulder
- Taping and bracing can help to stabilize the shoulder while competing, but will not solve the underlying causes

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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