



MUSCLE STRAIN PROTOCOL

Surrey United adheres to the advice of its sports therapy partner, Physiostation for muscle strain protocols as follows:

- RICE for first 24-48 hours (rest and use crutches if necessary, ice for 20 minutes of every hour, compression with tensor when not icing, elevate limb above level of heart).
- See Physiotherapist within 24-48 hours to assess Grade of muscle strain.
- Grade 1 (damage to muscle fibers is less than 5% of fibers)
 - Rehabilitation and return to sport 2-3 weeks.
- Grade 2 (more extensive damage to muscle fibers)
 - Compression with tensor and use of crutches.
 - Rehabilitation for return to sport 4-6 weeks.
 - Return to sport may require tape/brace/compression for the initial 6-12-week period post muscle strain.
- Grade 3 (complete rupture of muscle)
 - May require surgery to repair muscle, refer to Doctor.
 - Crutches and compression of muscle.
 - Conservative rehabilitation for return to sport 3 months or more.
 - Return to sport likely to require tape/brace/compression to support the muscle.

*This information does not constitute medical advice and is provided for reference only
Any reliance upon or use of this information from this website is at your own risk.*

RICE

SEE
PHYSIOTHERAPIST

ASSESS GRADE OF
STRAIN

FOLLOW GRADE
LEVEL PROTOCOLS

