

PCHA Injury Protocol

Soft Tissue Injuries

Knee/Shoulder/Etc

- 1: Make therapist aware at game
- 2: Go to Monday Morning Triage in the Gym

Driftwood Sport and Wellness:

Office: 250-483-3929 or book online at driftwoodhealth.ca

After Hours: 250-886-8838 or email info@driftwoodhealth.ca

Motus Physio:

Office: 250-590-5003 or book online at motusphysio.ca

If major injury such as broken bone, ACL tear, dislocations etc visit

Victoria General Hospital: 1 Hospital Way, View Royal

Leto Chiropractic may do an x-ray if seen by AT or Physio first but cannot cast

Office: 778-405-5386 \$120 private pay per image (usually need 1-3 images)

Urgent Care at Rebalance MD: This is a service that will fast track you into imaging and surgery. You MUST have a MD referral before being able to see them. **Call 250-940-4444,**

ext 526 during business after you have an Urgent Referral form filled out from RebalanceMD.com

Dental Injuries

See dentist ASAP as time is a factor to saving the tooth

South Island Dental: **Office:** (250) 391-6367 **After Hours:** 250-514-3479 or 250-580-8837

Parkway Dental: **Office** 778-433-4453 **After Hours:** 778-977-4442

If unable to contact then go to Victoria General Hospital

Concussion Protocol

- 1: Speak to therapist at game
- 2: Doctor's assessment maybe needed
- 3: Visit Driftwood or Motus for Concussion Rehab
- 4: You must have a non-contact and a separate contact practice without symptoms before you can play in a game, you may also need MD Clearance
- 5: Coaches and Parents are not clear players for activity, practice or games

Concussion Return to Learn Protocol

Before moving onto the next step of the protocol you must be symptom free

1	Rest No School	<ul style="list-style-type: none"> No mental exertion No Screen-time No Driving Total Rest
2	Rest Light mental activity	<ul style="list-style-type: none"> Up to 30 minutes of mental exertion Light reading Take break if you get symptoms No driving
When able to handle 30 minutes of mental exertion progress to step 3		
3	School- Part Time Maximum Accommodations Shortened Day Built in Breaks	<ul style="list-style-type: none"> Access to quiet place for mental rest Modify or postpone projects/assignments No standardised testing Limit Screen time if possible Light mental activity for 1-2 hours remaining symptom free Can break up mental activity into 15-minute segments throughout day
4	School- Part time Moderate accommodations	<ul style="list-style-type: none"> Introduce more screen time No standardised testing Modified testing time for secondary Decrease in extra time allowed for projects and assignments
Considered for Return to Activity Protocol once able to handle 60 minutes of mental exertion without symptoms. A Doctor appointment may be requested by your therapist prior to beginning activity		
5	School Minimal Accommodations	<ul style="list-style-type: none"> No standardized testing for P.S. Routine testing for Secondary okay. Working in normal class environment
6	School- Full time Back to normal routine	<ul style="list-style-type: none"> School as normal Taking break if needing to

P.S.= Post-Secondary

Concussion Return to Play Protocol

Before moving onto the next step of the protocol you must be symptom free

1	No Activity	<ul style="list-style-type: none"> Rest Until Symptom Free Goal: Recovery
2	Light Aerobic Exercise	<ul style="list-style-type: none"> Light stationary Biking (70% Predicted Heart Rate Max) Therapist will guide biking session Light resistance training 10-30 minutes Goal: Increase Heart Rate
3	Sport Specific Exercises No Contact	<ul style="list-style-type: none"> Skating, running drills/ No head impact drills Goal: Add movement
4	Non-Contact Sport Drills	<ul style="list-style-type: none"> Progression to more complex drills Passing drills Progressive resistance drills Goal: Coordination, exercise and cognitive load
Medical clearance by Doctor to progress to contact		
5	Full Contact	<ul style="list-style-type: none"> Scrimmage, shooting full practice Must have full contact practice before able to play contact game Goal: Restore athlete, coach and therapists confidence
7	Full Activity	<ul style="list-style-type: none"> No restrictions Normal game/sport play