



# FRACTURE PROTOCOL

Surrey United adheres to the advice of its sports therapy partner, Physiostation for potential or actual fracture injury protocols as follows:

- Call for EMS (dial 911) for transportation of the athlete to hospital for evaluation.
- A suspected fracture should be stabilized, and RICE applied while waiting for the ambulance.
- The average bone healing time is between 6-12 weeks, with children's bones healing faster than adults.
- Other factors affecting bone healing is type and site of the injury.
- Return to sport post fracture ranges from 3-6 weeks to 12 months.

*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.*

**CALL 911**

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**STABILIZE  
SUSPECTED  
FRACTURE**

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**RICE INJURED AREA  
WHILE AWAITING  
HOSPITAL  
TRANSPORT**

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