

The BE CALM Protocol

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B – Breathe

- ▶ EVERYONE, use slow deep breaths, inhaling through your nose, then exhaling slowly through your nose or mouth

E – Evaluate FOR SOFT TISSUE, BONE, OR EMERGENCY STATUS

ASK/OBSERVE:

1. Any loss of consciousness, suspected head injury, or suspected spinal injury?
 - ▶ If **YES**, activate immediate emergency medical care (Call 911 where applicable, apply first aid by trained personnel)
 - ▶ If **NO**, proceed with determining the following:
2. Any inability or unwillingness to bear weight? (More than just “painful to bear weight”)
3. Any outright unwillingness to move the injured body part?
4. Is the pain sharp at a specific spot on a bone?

IF **NO** TO ALL QUESTIONS ABOVE:

BE CALM for Soft Tissues

C – Compression

- ▶ Use an elastic tensor bandage
- ▶ Affected joint in neutral position
- ▶ Use diagonals NOT circles

A – Able Actions

- ▶ Move only within the truly pain-free range(s) of motion for the affected joint(s)
- ▶ Practice each pain-free range of motion for 1 minute, hourly
- ▶ Use any of: braces, slings, crutches, rest, support from other limbs, and assistance for pain-free essential tasks

L – Lift/Elevate

- ▶ Lift the affected part above the level of the heart
- ▶ Rest the elevated part supported on anything soft

M – Minimal Ice

- ▶ As needed for pain control only
- ▶ 5 minutes max ON, 20 minutes OFF, up to 4 times

IF **YES** TO ANY OF QUESTIONS 2-4:

BE CALM for Bones

C – Crutches or Cast

- ▶ Stop moving the affected part
- ▶ Avoid weight bearing on the affected part
- ▶ Immobilize the affected part as best as possible (Upper body: splints, slings; Lower body: splints, crutches)

A – Arrange X-ray

- ▶ Consult doctor or emergency room as soon as bone issue is suspected

L – Lift/Elevate

- ▶ Same as in BE CALM for Soft Tissues (If physically possible depending on location and severity of fracture)

M – Minimal Ice

- ▶ Same as in BE CALM for Soft Tissues (If physically possible depending on location and severity of fracture)

If x-rays confirm “no fracture,” proceed with BE CALM for Soft Tissues.

For next steps beyond the first 48 hours, consult your local Physiotherapist or other rehabilitation provider.

Visit becalmprotocol.info for background and further info

