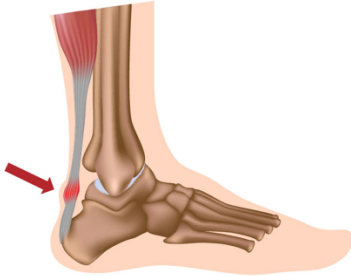


INJURY PREVENTION AND RECOVERY:

ACHILLES TENDONITIS

AREA OF PAIN – ACHILLES TENDONITIS:



- Pain can be felt in the Achilles tendon starting out as tight and dull and moving to a sharp pain.
- Often the Achilles will feel tight throughout the day while walking.
- A sensation of swelling and creaking of the Achilles might be felt after running.

PLAN FOR RECOVERY

- Dealing with injury requires a commitment to the recovery process.
- Part of the recovery process is strengthening the muscles, tendons & ligaments that are weak. These weak areas are the reason the injury occurred in the first place. Do not expect to fully recover by simply resting. Strengthening the body is a critical step in returning to full training.
- Continue Specific strength exercises two weeks after the injury is fully healed.
- **Attend practice DAILY and fill out an Injury Worksheet for Stage 1, 2, or 3 recovery.**

STAGE 1

3 DAY RECOVERY PLAN

INJURY PREVENTION

STAGE 2

6 DAY RECOVERY PLAN

INJURY ON-SET

STAGE 3

8 DAY RECOVERY PLAN

INJURY RECOVERY

**ROUTINES LISTED ON THE BACKSIDE*

INJURY PREVENTION AND RECOVERY:

ACHILLES TENDONITIS

ABS "A"

1. Heel Touch Crunches (1min)
2. Side Heel Touches (1min)
3. Regular Plank (1min)
4. Straight Leg Lifts (1min)
5. Mummies (1min)
6. Bicycle Crunches (1min)

FORM DRILLS

1. "A" Walks (30sec)
2. "A" Skips (1min)
3. Bound Ups (Uphill) (1min 30sec)
4. Pacers "A" (1min)
(High Knees 180 step per min)
5. Pacers "B" (1min)
(Butt Kickers 180 step per min)
6. Ground Runners (1min)
(Arm Swings 180 per min)

MASSAGE / FOAM ROLLER

Massage the Calf and Arch deeply focusing on areas of tightness. A golf ball can be a great tool for massage for the arch.

ABS "B"

1. "V" Sits – Runners (30sec)
2. Supermans (1min)
3. "V" Sits - Flutter Kicks (30sec)
4. Reverse Plank (1min)
5. "V" Sits - Scissor Kicks (30sec)
6. Bent-Arm Side Plank (45sec each)
7. Side-winder Sit-Ups (1min)

GENERAL STRENGTH

1. Forward Lunges (Alternating) (1min 30sec)
2. Single Leg Bridges (Left, then Right) (45sec each)
3. Straight Leg Clams (Left, then Right) (45sec each)
4. Calf Raises (Left, the Right) (45sec each)
5. Hip Dips (Left, the Right) (45sec each)

ICING

Ice the Achilles for 7-10min. Avoid having ice directly touch the skin.

If any of the exercises listed cause an increase in your pain, stop immediately and talk to your coach before continuing.

SPECIFIC STRENGTH

The following are specific exercises to help strengthen the weak area associated with Achilles Tendonitis:

	<u>DAYS 1-3</u>	<u>DAYS 4-6</u>	<u>DAYS 7-9</u>
1. Straight Leg Heel Drops (L,R)	60 sec	90 sec	90 sec
2. Toe Ups (Left, then Right)	30 sec	40 sec	50 sec
3. Knee Bend Heel Drops (L,R)	60 sec	90 sec	90 sec