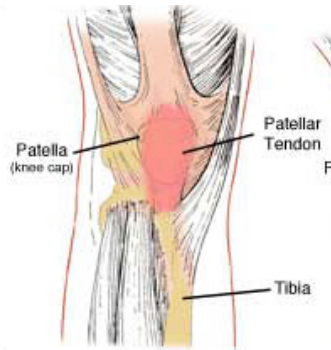


INJURY PREVENTION AND RECOVERY:

PATELLAR TENDONITIS

AREA OF PAIN – PATELLAR TENDONITIS:



- Pain manifests itself behind/below the knee
- Pain hurts more going downhill or descending stairs
- Can feel like a stiffness at the beginning of a run but feels less noticeable late in a run.

PLAN FOR RECOVERY

- Dealing with injury requires a commitment to the recovery process.
- Attend practice DAILY and follow the Stage 1 or Stage 2 plans for recovery.
- Cross train daily with activities approved by your coach.

STAGE 1 – PREVENTION OR ON-SET

MONDAY, WEDNESDAY, FRIDAY

- 2 x Ab Routines “A”
- 1 x General Strength
- 1 x Specific Strength
- Massage / Foam Roller

TUESDAY, THURSDAY, SATURDAY

- 2 x Ab Routine “B”
- 1 x Form Drills
- 1 x Specific Strength
- Ice

RUNNING MINUTES

DAYS 1,2,3 – Warm-up, Plyos, 5-10min run (easy pace)

DAYS 4,5,6 – Warm-up, Plyos, 15-20min run (easypace)

→ **AFTER THE 6 DAYS** report to the Coaches on the progress of your injury. Get cleared to return to full training or to begin an every other day cross training plan (using one of the 5 team stationary bikes).

***ROUTINES LISTED ON THE BACK**

STAGE 2 – FULL INJURY

MONDAY, WEDNESDAY, FRIDAY

- 2 x Ab Routines “A”
- 1 x Form Drills
- 1 x General Strength
- 1 x Specific Strength
- Massage / Foam Roller

TUESDAY, THURSDAY, SATURDAY

- 2 x Ab Routine “B”
- 1 x Form Drills
- 1 x General Strength
- 1 x Specific Strength
- Ice

RUNNING MINUTES

DAYS 1,2,3 – Warm-up, Plyos

DAYS 4,5,6 – Warm-up, Plyos, 5-10min run (easy pace)

DAYS 7,8,9 – Warm-up, Plyos, 15-20min run (easypace)

→ **AFTER THE 9 DAYS** report to the Coaches on the progress of your injury. Get cleared to return to full training or to begin an every other day cross training plan (using one of the 5 team stationary bikes).

INJURY PREVENTION AND RECOVERY:

PATELLAR 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)

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)

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)

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)

MASSAGE / FOAM ROLLER

Massage or Foam Roll the Quad and Calf deeply focusing on areas that feel tight.

ICING

Ice the front of the knee focusing on the lower part of the knee 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 Patellar Tendonitis:

| | <u>DAYS 1-3</u> | <u>DAYS 4-6</u> | <u>DAYS 7-9</u> |
|---------------------------------------|-----------------|--------------------|--------------------|
| 1. One Legged Decline Squat | 3 x 15 | 3 x 15 (twice/day) | 3 x 15 (three/day) |
| 2. Back Leg Raises (left, then right) | 45 sec each | 60 sec each | 75 sec each |
| 3. One-side Lunges (left, then right) | 45 sec each | 60 sec each | 75 sec each |
| 4. Shallow Knee Bend (L then R) | 45 sec each | 60 sec each | 75 sec each |