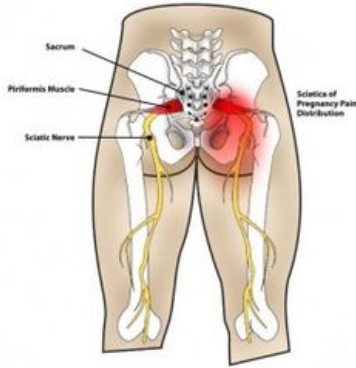


INJURY PREVENTION AND RECOVERY:

PIRIFORMIS SYNDROME

AREA OF PAIN – PIRIFORMIS SYNDROME:



- Pain can feel like an aching or burning pain that radiates from the glute downwards.
- Pain will often get worse with sitting or squatting.
- Pain will likely get worse as you go faster. Careful/slow return to higher intensity running as symptoms improve.

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:

PIRIFORMIS SYNDROME

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 the glute and hip socket area. A tennis ball can be a great tool for massaging the hip area.

ICING

Ice the glute 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 Piriformis Syndrome:

	<u>DAYS 1-3</u>	<u>DAYS 4-6</u>	<u>DAYS 7-9</u>
1. Glute Bridge	2 x 45 sec	2 x 60 sec	2 x 75 sec
2. Diagonal Alternating Lunges	60 sec	90 sec	90 sec
3. Piriformis Stretch (Left, then Right)	2 x 20 sec	2 x 30 sec	2 x 30 sec
4. Side-lying Bent Knee Clams (L,R)	2 x 10 reps	2 x 15 reps	2 x 20 reps
5. Hip Extension (L,R)	2 x 10 reps	2 x 15 reps	2 x 20 reps
6. Resistance Band Abduction (L,R)	2 x 15 reps	2 x 20 reps	2 x 25 reps