

# INJURY PREVENTION AND RECOVERY:

## PLANTAR FASCIITIS

### AREA OF PAIN – PLANTAR FASCIITIS:



- Pain can feel like a dull ache / bruise along your arch or bottom of the heel.
- Pain feels worst first thing in the morning after waking up and after long periods of standing.
- Pain may hurt the worst at the beginning of a run, but will gradually go away.

### 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 (easy pace)

→ **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 (easy pace)

→ **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:

## *PLANTAR FASCIITIS*

### 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 arch deeply focusing on areas of tightness. A golf ball can be a great tool for massage. Frozen water bottle can provide massage and icing at the same time.

### ICING

Ice the arch 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.**

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### SPECIFIC STRENGTH

The following are specific exercises to help strengthen the weak area associated with Plantar Fasciitis:

	<u>DAYS 1-3</u>	<u>DAYS 4-6</u>	<u>DAYS 7-9</u>
1. Plantar Fascia stretch	8 x 10 sec	10 x 10 sec	12 x 10 sec
2. Toe Raises (left, then right)	30 sec each	45 sec each	60 sec each
3. Calf Stretches (bent, then straight)	2 x 30 sec	3 x 30 sec	3 x 30 sec
4. Towel curls with Towel	90-120sec		
5. Doming (L,R)	30 sec	45 sec	60 sec