

INJURY PREVENTION AND RECOVERY:

"RUNNERS KNEE" – PATELLOFEMORAL SYNDROME

AREA OF PAIN – "RUNNERS KNEE":



- Dull Pain behind or around the top of the kneecap
- Pain hurts more going downhill, descending stairs, or after prolonged sitting.
- Possible tenderness pushing against the kneecap.

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).

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

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

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 bottom of the quad, front of knee, and top of lower leg for 7-10min. Avoid having ice directly touch the skin.

SPECIFIC STRENGTH

The following are specific exercises to help strengthen the weak area associated with “Runners Knee”:

	<u>DAYS 1-3</u>	<u>DAYS 4-6</u>	<u>DAYS 7-9</u>
1. Body Weight Squats	60 sec	90 sec	2 min
2. Back Leg Raises (left, then right)	45 sec each	60 sec each	75 sec each
3. Standing Side Leg Raises (L, R)	45 sec each	60 sec each	75 sec each
4. Hip Extension (L,R)	2 x 10 reps	2 x 15 reps	2 x 20 reps
5. Glute Bridges	45 sec	60 sec	75 sec