

INJURY PREVENTION AND RECOVERY:

IT BAND SYNDROME

AREA OF PAIN – IT BAND SYNDROME:



- Pain manifests itself on the outside of the knee
- Pain generally begins a set distance into a run – feeling okay for a mile or two but then progressively stiffens the longer run. Sometimes appears suddenly as a sharp pain.
- Pain typically hurts more going downhill.

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:

IT BAND 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)

FORM DRILLS

1. "A" Walks (30sec)
2. "A" Skips (1min)

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. Do not foam roll directly over the IT Band

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)

ICING

Ice the outside 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 IT Band Syndrome:

	<u>DAYS 1-3</u>	<u>DAYS 4-6</u>	<u>DAYS 7-9</u>
1. Donkey Kicks (left, then right)	45 sec each	60 sec each	75 sec each
2. Back Leg Raises (left, then right)	45 sec each	60 sec each	75 sec each
3. Hip Dips	2 sets of 20 reps	2 sets of 30	3 sets of 30
4. Shallow Knee Bend (L then R)	45 sec each	60 sec each	75 sec each
5. Side-lying Abduction Lifts	2 sets of 20	2 sets of 25	2 sets of 30
6. Arms Overhead Stretch			